

Kiwi Chicken & Roast Pumpkin Toss

with Herbed Mayo & Parsley

KIWI FLAVOURS

Grab your meal kit with this number

18



Onion



Potato



Peeled Pumpkin Pieces



Diced Chicken



Kiwi Spice Blend



Baby Leaves



Dill & Parsley Mayonnaise



Parsley



Haloumi/Grill Cheese



Diced Chicken

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Reduced

Eat Me Early

Who doesn't like a bit of spice on their chicken? This one gets a generous coating of our punchy Kiwi spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies (that'll take barely any effort to whip up) and top it off with a sprinkling of crispy shallots for an outstanding pairing of flavours – without the sweat and tears.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
potato	1	2
peeled pumpkin pieces	1 medium packet	2 medium packets
diced chicken	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
baby leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2084kJ (498Cal)	393kJ (94Cal)
Protein (g)	40.1g	7.6g
Fat, total (g)	23.5g	4.4g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	30.5g	5.7g
- sugars (g)	14.9g	2.8g
Sodium (mg)	630mg	119mg
Dietary Fibre (g)	5g	0.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion (see ingredients)** into quarters.
- Cut **potato** into bite-sized chunks.
- Place **onion, turnip** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

3



Finish the veggies

- Add **baby leaves** to the tray of **roast veggies**, and toss to combine.

TIP: Transfer veggies and baby leaves to a bowl if your tray is getting crowded.

2



Cook the chicken

- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **diced chicken** and **Kiwi spice blend**, turning occasionally, until browned and cooked through, **5-6 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

4



Serve up

- Divide roast pumpkin toss and smokey chicken between plates.
- Top with a dollop of **dill & parsley mayonnaise** and tear over **parsley leaves** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS

+ ADD HALOUMI/GRILL CHEESE

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

+ DOUBLE DICED CHICKEN

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

