



Kiwi-Spiced Chicken & Veggie Toss

with Hollandaise & Toasted Almonds

KIWI FLAVOURS

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

2



Beetroot



Parsnip



Onion



Peeled Pumpkin Pieces



Kiwi Spice Blend



Chicken Breast



Slivered Almonds



Baby Leaves



Hollandaise



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

Carb Smart

Protein Rich

Eat Me Early

Spice it up, tonight's chicken is getting a hearty coating of our Kiwi taste-tastic spice blend, bursting with specially crafted flavours we know you'll love. Roast the veggies and serve this meal with a drizzle of creamy hollandaise for a delicious kick.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Two oven trays lined with baking paper · Large frying pan
· Air fryer or frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
parsnip	1	2
onion	½	1
peeled pumpkin pieces	1 small packet	1 medium packet
Kiwi spice blend	1 sachet	2 sachets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
slivered almonds	1 packet	2 packets
baby leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
hollandaise	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2212kJ (529cal)	182kJ (44cal)
Protein (g)	48.6g	4g
Fat, total (g)	23.7g	2g
- saturated (g)	2.8g	0.2g
Carbohydrate (g)	32.8g	2.7g
- sugars (g)	18.3g	1.5g
Sodium (mg)	405mg	33.4mg
Dietary Fibre (g)	11.1g	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into small chunks. Cut **parsnip** into bite-sized chunks. Slice **onion** (see ingredients) into wedges.
- Place **beetroot, parsnip, onion** 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 and roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

4



Cook the chicken

- Set your air fryer to **200°C**.
- Place **chicken** into the air fryer basket and cook until cooked through, **15-18 minutes**.

TIP: No air fryer? Place your hand flat on top of chicken breast and slice through horizontally to make two steaks, then flavour. Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken steaks until cooked through, 3-5 minutes each side.

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

2



Get prepped

- Meanwhile, in a medium bowl, combine **Kiwi spice blend** and a drizzle of **olive oil**.
- Add **chicken breast** and toss to coat.

5



Toss the veggies

- When the veggies are done, add **baby leaves** and a drizzle of **vinegar** to the tray and toss to combine.

3



Toast the almonds

- Heat a large frying pan over medium-high heat.
- Toast **slivered almonds**, tossing, until golden, **3-5 minutes**. Transfer to a bowl and set aside.

6



Serve up

- Slice spiced chicken.
- Divide roast veggie toss between plates. Top with chicken and **Hollandaise**.
- Sprinkle with toasted almonds to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the almonds.

CUSTOM OPTIONS



SWAP TO CHICKEN THIGH

Follow method above, cooking in air fryer for 10-13 minutes.



DOUBLE CHICKEN BREAST

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.

