

Sri Lankan Chicken & Roast Veggie Toss

with Mayonnaise & Flaked Almonds

Grab your meal kit with this number

4



Kumara



Cauliflower



Mild North Indian Spice Blend



Flaked Almonds



Sri Lankan Spice Blend



Chicken Thigh



Baby Leaves



Mayonnaise



Chicken Thigh



Broccoli Florets

Recipe Update

We've replaced the potato in this recipe with cauliflower due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 35-45 mins

Calorie Smart

Protein Rich

Eat Me Early

We give you the aromatic scents of a Sri Lankan inspired spice mix, tender chicken and a warm palette of crispy roast veggies. Combine them together to enrich your dinner with colour and flavour. You won't be disappointed in how everything tastes so undeniably good.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
cauliflower	½ medium portion	1 medium portion
mild North Indian spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
Sri Lankan spice blend	1 medium sachet	1 large sachet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593cal)	311kJ (74cal)
Protein (g)	35.6g	4.5g
Fat, total (g)	31.3g	3.9g
- saturated (g)	6.5g	0.8g
Carbohydrate (g)	49.8g	6.2g
- sugars (g)	14.6g	1.8g
Sodium (mg)	1419mg	177.6mg
Dietary Fibre (g)	7.4g	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 **kumara** into bite-sized chunks. Chop **cauliflower** (including stalk!) into small florets.
- Place **veggies** on a lined oven tray. Sprinkle over **mild North Indian spice blend**, drizzle with **olive oil** and toss to coat. Season with **salt** and **pepper**.
- Spread out evenly, then roast until tender, **25-30 minutes**.

3



Cook the chicken & toss the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and drizzle with the **honey**. Bake until cooked through, **12-14 minutes**.
- When the roasted veggies are done, add **baby leaves** and a drizzle of **white wine vinegar** to the tray. Gently toss to combine. Season to taste.

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

2



Get prepped

- Meanwhile, heat a large frying pan over medium-high heat.
- Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl, set aside.
- In a large bowl, combine **Sri Lankan spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken thigh**, toss to coat.

4



Serve up

- Slice Sri Lankan-spiced chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Dollop over **mayonnaise** and garnish with toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



ADD BROCCOLI FLORETS

Add to the oven tray and roast for 20 minutes.

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

