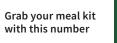


Kiwi-Spiced Chicken & Veggie Toss with Hollandaise & Toasted Almonds

KIWI FLAVOURS

KID FRIENDLY

AIR FRYER FRIENDLY















Peeled Pumpkin



Kiwi Spice







Slivered Almonds

Baby Leaves



Hollandaise





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

Eat Me Early







Protein Rich

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 frver

Inaredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
parsnip	1	2
onion	1/2	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)	2179kJ (520Cal)	369kJ (88Cal)
Protein (g)	45.2g	7.7g
Fat, total (g)	23.3g	3.9g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	34.8g	5.9g
- sugars (g)	19.1g	3.2g
Sodium (mg)	796mg	135mg
Dietary Fibre (g)	11.6g	2g

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.



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.



Get prepped

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



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.



Cook the chicken

- Meanwhile, set your air fryer to 200°C.
- Place **chicken** into the air fryer basket and cook until cooked through (when no longer pink inside), 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.



Toss the veggies

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



Serve up

- · Slice spiced chicken.
- Divide roast veggie toss between plates. Top with chicken and drizzle over hollandaise.
- · Sprinkle with toasted almonds to serve. Enjoy!

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







Add seasoning as above. Cook as above, until cooked through, 10-13 minutes.



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

