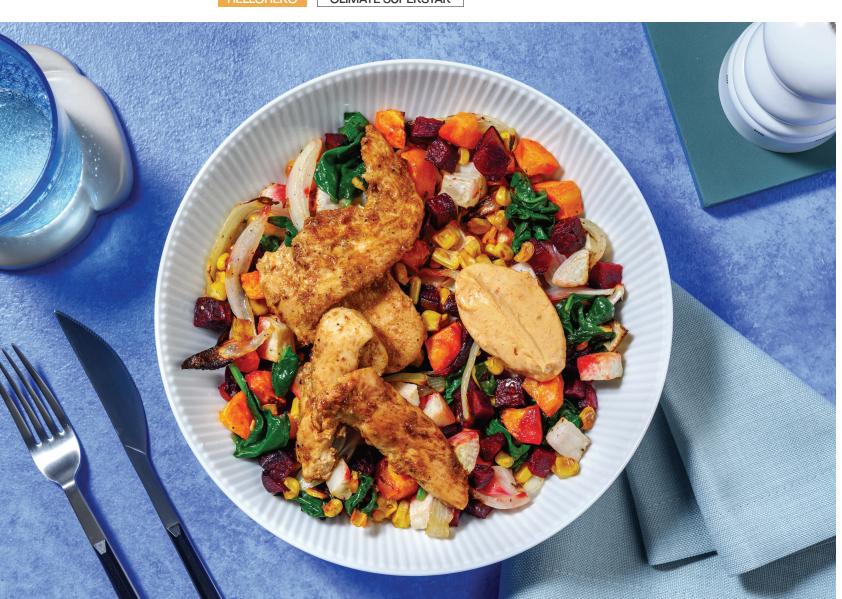


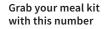
Texan Chicken & Root Veggie Medley

with Baby Leaves & Smokey Aioli

HELLOHERO

CLIMATE SUPERSTAR















Carrot

White Turnip





All-American Spice Blend

Chicken Breast





Sweetcorn

Baby Leaves



Smokey Aioli





Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early





Protein Rich

Get the bold flavours of American cuisine right in your kitchen! Just coat chicken breast strips with our All-American spice blend, roast a chunky veggie toss and dollop smokey aioli over the whole shebang.

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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1/2	1
beetroot	1	2
carrot	1	2
white turnip	1	2
All-American spice blend	1 medium sachet	1 large sachet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
sweetcorn	1 medium tin	1 large tin
baby leaves	1 small packet	1 medium packet
smokey aioli	1 medium packet	2 medium packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1994kJ (477cal)	172kJ (41cal)
Protein (g)	37.2g	3.2g
Fat, total (g)	22.1g	1.9g
- saturated (g)	3.4g	0.3g
Carbohydrate (g)	31.8g	2.7g
- sugars (g)	21g	1.8g
Sodium (mg)	1034mg	89.1mg
Dietary Fibre (g)	9.5g	0.8g

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.
- Slice onion (see ingredients) into wedges.
- · Cut beetroot into 1cm chunks.
- Cut carrot and white turnip into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
 Spread out evenly, then roast until tender,
 20-25 minutes.

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



Prep the chicken

- Meanwhile, combine All-American spice blend and a drizzle of olive oil in a large bowl.
- Add chicken breast strips, season with salt and pepper and turn to coat.



Char the corn

- Drain sweetcorn.
- Heat a large frying pan over high heat. Cook sweetcorn until lightly browned, 4-5 minutes.
 Transfer to a bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping out".



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook chicken strips until browned and cooked through, 3-4 minutes each side.

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



Bring it all together

 Meanwhile, add baby leaves and charred corn to the tray of roasted veggies, then gently toss to combine. Season to taste.



Serve up

- Divide root veggie medley between bowls and top with Texan chicken.
- Spoon over any resting juices from the pan.
- Dollop with **smokey aioli** to serve. Enjoy!









Cook, turning, for 5-6 minutes for medium. Rest then slice before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

