

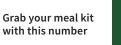
American Baked Chicken

with Herb-Roasted Veggies, Slaw & Dill-Parsley Mayo

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR









Asparagus



Garlic & Herb Seasoning





Baby Leaves

Dill & Parsley Mayonnaise



All-American



Spice Blend

Chicken Breast





Prep in: 10-20 mins Ready in: 30-40 mins

Eat Me Early





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
potato	2	4
asparagus	1 bunch	2 bunches
garlic & herb seasoning	1 medium sachet	1 large sachet
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
dill & parsley mayonnaise	1 large packet	2 large packets
All-American spice blend	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2912kJ (442cal)	442kJ (67cal)
Protein (g)	50g	7.6g
Fat, total (g)	35.5g	5.4g
- saturated (g)	4g	0.6g
Carbohydrate (g)	43.5g	6.6g
- sugars (g)	8.7g	1.3g
Sodium (mg)	1459mg	221.4mg
Dietary Fibre (g)	10.2g	1.5g

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 220°C/200°C fan-forced.
- · Cut potato into bite-sized chunks. Trim ends of asparagus.
- Place potato and asparagus on a lined oven tray, then sprinkle with garlic & herb seasoning and drizzle with olive oil.
- Toss to coat and season with **salt** and **pepper**. Spread out evenly, then roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two oven trays!



Bake the chicken

- · When veggies have 12 minutes remaining, heat a large frying pan over 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. Drizzle with **olive oil**, season with salt and turn to coat. Bake until cooked through, 6-10 minutes.

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



Get prepped

- Meanwhile, in a medium bowl, add shredded cabbage mix, baby leaves, half the dill & parsley mayonnaise and a drizzle of olive oil. Season and toss to coat. Set aside.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a second medium bowl, combine All-American spice blend and a drizzle of olive oil. Add chicken breast, season to taste and turn to coat.

Little cooks: Help combine the ingredients for the slaw



Serve up

- · Slice American baked chicken.
- Divide herb-roasted veggies, slaw and chicken between plates.
- Serve with remaining dill & parsley mayonnaise. Enjoy!

Little cooks: Add the finishing touch and dollop over the herby mayo!







Follow method above, cooking in batches if necessary.



Cook in a frying pan (no need for oil), 10-12 minutes. Sear on high for 30 seconds all sides then add to lined oven tray. Roast for 15-20 minutes for medium.

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

