

American Baked Chicken

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

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

18



Potato



Asparagus



Garlic & Herb Seasoning



Shredded Cabbage Mix



Baby Leaves



Dill & Parsley Mayonnaise



All-American Spice Blend



Chicken Breast



Chicken Breast



Lamb Rump

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

Protein Rich

Eat Me Early

Load up chicken with flavour before baking it until golden and tender. Smokey All-American spice blend and a creamy dill-parsley slaw will combine to make a sensational dinner that everyone will happily devour!

Pantry items

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

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.

1



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!

3



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.

2



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

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO LAMB RUMP

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 QR code to see detailed cooking instructions and nutrition information.

