

Kiwi Chicken & Roast Kumara Dijon Salad

with Avocado & Parmesan

KIWI FLAVOURS

Grab your meal kit with this number

43



Kumara



Garlic



Kiwi Spice Blend



Chicken Thigh



Lemon



Sweetcorn



Avocado



Dijon Mustard



Mixed Salad Leaves



Grated Parmesan Cheese



Grated Parmesan Cheese



Chicken Thigh

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



Protein Rich



Eat Me Early



Carb Smart

Juicy, pan-fried chicken thigh is the perfect vehicle to let our Kiwi spice blend shine, imparting it's delicious smokey flavours! And when you add roasted kumara and pile it all onto crisp lettuce with charred corn and creamy avo, you get a plate full of goodness!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
Kiwi spice blend	1 sachet	2 sachets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
lemon	½	1
sweetcorn	1 medium tin	2 medium tins
avocado	1 (small)	1 (large)
dijon mustard	½ medium packet	1 medium packet
mixed salad leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2394kJ (572Cal)	542kJ (129Cal)
Protein (g)	37.1g	8.4g
Fat, total (g)	35.9g	8.1g
- saturated (g)	9g	2g
Carbohydrate (g)	29.6g	6.7g
- sugars (g)	8.4g	1.9g
Sodium (mg)	1072mg	243mg
Dietary Fibre (g)	7.8g	1.8g

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 kumara

- Preheat oven to **220°C/200°C fan-forced**.
- Peel **kumara**, then cut into bite-sized chunks.
- Place **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with the **salt** and a pinch **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.
- Transfer to the bowl with the **mustard dressing**.

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



Flavour the chicken

- While kumara is roasting, finely chop **garlic**.
- In a medium bowl, combine **garlic**, **Kiwi spice blend**, a drizzle of **olive oil** and a pinch of **pepper**. Add **chicken thigh** and toss to coat.



Cook the chicken

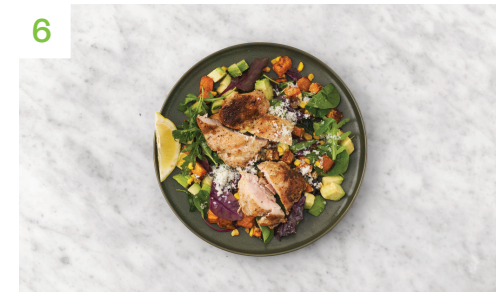
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside), **14-16 minutes**.
- Meanwhile, add **roasted kumara** and **mixed salad leaves** to the charred corn and mustard dressing. Toss to combine.



Prep the dressing

- Slice **lemon** into wedges.
- Drain **sweetcorn**.
- Slice **avocado** in half, scoop out flesh and roughly chop.
- In a large bowl, combine a squeeze of **lemon juice**, **dijon mustard** (see ingredients) and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.

TIP: Add as much or as little lemon juice as you like depending on your taste.



Serve up

- Slice Kiwi chicken.
- Divide roast kumara dijon salad between plates.
- Top with chicken.
- Sprinkle with **grated Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



DOUBLE GRATED PARMESAN CHEESE

Follow method above.



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.

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

