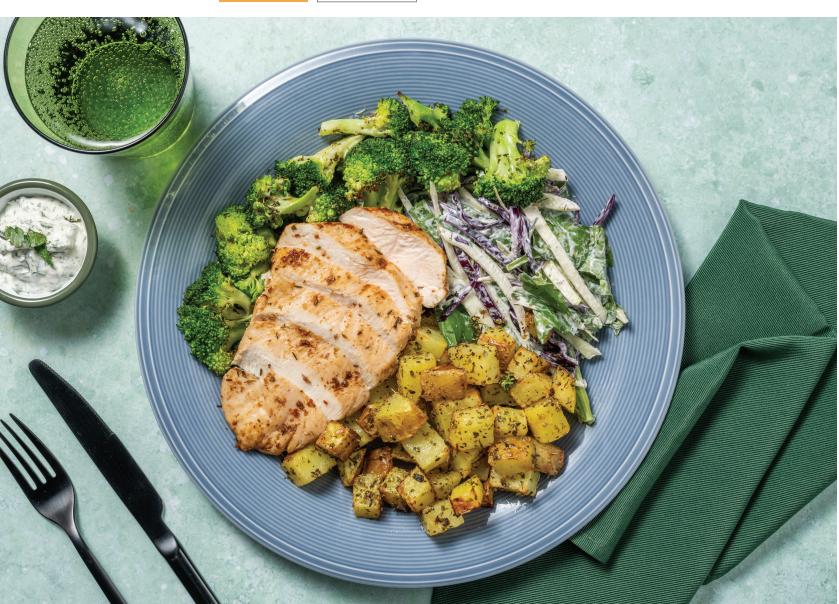


American Baked Chicken

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

HELLOHERO

KID FRIENDLY



Grab your meal kit with this number











Garlic & Herb



Seasoning







Baby Leaves

Dill & Parsley



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

g. •••			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
broccoli	½ head	1 head	
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)	2988kJ (714Cal)	441kJ (105Cal)
Protein (g)	53.8g	7.9g
Fat, total (g)	35.8g	5.3g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	37.7g	5.6g
- sugars (g)	8.7g	1.3g
Sodium (mg)	1473mg	218mg
Dietary Fibre (g)	9.9g	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. Cut broccoli (see ingredients) into small florets, then roughly chop stalk.
- Place potato and broccoli 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 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, add shredded cabbage mix to a medium bowl, along with baby leaves, half the dill & parsley mayonnaise and a drizzle of olive oil. Season to taste 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 and turn to coat.

Little cooks: Help combine the ingredients for the slaw!



Finish & serve

- · 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 mayonnaise!





SWAP TO LAMB RUMP

