



American Baked Chicken

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

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

18



Potato



Broccoli



Garlic & Herb Seasoning



Shredded Cabbage Mix



Baby Leaves



Dill & Parsley Mayonnaise



All-American Spice Blend



Chicken Breast



Lamb Rump



Chicken Breast

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
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.

1



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!

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, 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!

4



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



SWAP TO LAMB RUMP

Score, then season as above. Cook in a pan over medium, fat-side down, 10-12 minutes. Transfer to an oven tray. Roast for 15-20 minutes.



DOUBLE CHICKEN BREAST

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.

