

Kiwi Chicken & Roast Pumpkin Toss

with Herbed Mayo & Crispy Shallots

KIWI FLAVOURS

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

12



Onion



White Turnip



Peeled Pumpkin Pieces



Diced Chicken



Kiwi Spice Blend



Baby Leaves



Dill & Parsley Mayonnaise



Crispy Shallots



Salmon



Halloumi/Grill Cheese

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me Early

Who doesn't like a bit of spice on their chicken? This one gets a generous coating of our punchy Kiwi spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies (that'll take barely any effort to whip up) and top it off with a sprinkling of crispy shallots for an outstanding pairing of flavours – without the sweat and tears.

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
onion	½	1
white turnip	1	2
peeled pumpkin pieces	1 medium packet	2 medium packets
diced chicken	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
baby leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2251kJ (538Cal)	420kJ (100Cal)
Protein (g)	40.6g	7.6g
Fat, total (g)	26.1g	4.9g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	34.3g	6.4g
- sugars (g)	18.4g	3.4g
Sodium (mg)	662mg	123mg
Dietary Fibre (g)	7.4g	1.4g

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 **240°C/220°C fan-forced**.
- Cut **onion (see ingredients)** into quarters.
- Cut **white turnip** into bite-sized chunks.
- Place **onion, turnip** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

3



Finish the veggies

- To the tray of **roast veggies**, add **baby leaves** and toss to combine.

TIP: Transfer veggies and baby leaves to a bowl if your tray is getting crowded.

Little cooks: Take the lead by tossing the vegetables!

2



Cook the chicken

- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **diced chicken** and **Kiwi spice blend**, turning occasionally, until browned and cooked through, **5-6 minutes**.

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

4



Finish & serve

- Divide roast pumpkin toss between plates. Top with Kiwi chicken.
- Dollop over **dill & parsley mayonnaise**. Sprinkle with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crispy shallots!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS

🔄 SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.

🔄 SWAP TO HALLOUMI/GRILL CHEESE

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

