

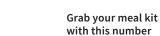
Kiwi Chicken & Roast Pumpkin Toss

with Herbed Mayo & Crispy Shallots

KIWI FLAVOURS

HELLOHERO

KID FRIENDLY











Peeled Pumpkin











Baby Leaves

Blend



Dill & Parsley Mayonnaise



Crispy Shallots







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

Eat Me Early





Protein Rich

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	1/2	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.



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.



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.



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!



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!



