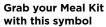


American Chicken & Roast Veggie Toss

with Chipotle Mayo Drizzle









Red Onion





Carrot



Pumpkin





Chicken Breast







Sweetcorn



Baby Spinach Leaves

Pantry items Olive Oil



Hands-on: 20-30 mins Ready in: 30-40 mins



Get the bold flavours of American cuisine right in your kitchen! Just coat chicken breast with our All-American spice blend, roast a chunky veggie toss and drizzle a smokey chipotle mayo over the whole shebang.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
red onion	1 (medium)	1 (large)
courgette	1	2
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chicken breast	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
sweetcorn	½ tin	1 tin
mild chipotle sauce	½ packet (20g)	1 packet (40g)
mayonnaise	1 packet (40g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2250kJ (537Cal)	357kJ (85Cal)
Protein (g)	41.9g	6.7g
Fat, total (g)	26.7g	4.2g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	27.3g	4.4g
- sugars (g)	19.5g	3.1g
Sodium (mg)	955mg	152mg

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 the oven to 220°C/200°C fan-forced. Slice the red onion into 2cm wedges. Cut the courgette and carrot (unpeeled) into 2cm chunks. Place the peeled & chopped pumpkin, onion, courgette and carrot on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Spread in a single layer and roast until tender, 20-25 minutes.

TIP: Cut the veggies to size so they cook in time. **TIP:** If your oven tray is crowded, separate across two trays.



2. Prep the chicken

While the veggies are roasting, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **All-American spice blend**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **chicken** and toss to coat.



3. Char the corn

Drain the **sweetcorn** (see ingredients list). Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a second large bowl.

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



4. Make the chipotle mayo

While the corn is charring, combine the **mild chipotle sauce (see ingredients list)** and **mayonnaise** in a small bowl.



5. Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the chicken until cooked through, 3-5 minutes each side (depending on thickness). Set aside to rest. Add the baby spinach leaves and roasted veggies to the charred corn and gently toss to combine. Season to taste.

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



6. Serve up

Slice the chicken. Divide the roast veggie toss between plates and top with the American chicken, spooning over any resting juices from the pan. Drizzle with the chipotle mayo.

Enjoy!