



CHEESY MEXICAN HASSELBACK CHICKEN

with Roasted Kumara & Charred Corn Salad



Make hasselback chicken



Kumara



Tex-Mex
Spice Blend



Chicken Breast



Enchilada Sauce



Shredded
Cheddar Cheese



Sweetcorn



Cos Lettuce



Cucumber



Tomato

Hands-on: **25 mins**
Ready in: **30 mins**

Eat me early

Add flavour to every part of your meal by using the helpful technique of hasselback on chicken breast! With some mild spices, tasty sauce and a sprinkling of cheese, baked chicken breast is transformed into a fiesta of flavour, with a crunchy corn salad on the side to add a fresh touch.

Pantry Staples: Olive Oil, White Wine Vinegar, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



1 ROAST THE KUMARA

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 2cm chunks. Place the **kumara** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast on the top rack until tender, **25-30 minutes**. **TIP:** *Cut the kumara to the correct size so it cooks in the allocated time.*



2 BAKE THE CHICKEN

While the kumara is roasting, in a medium bowl, combine the **Tex-Mex spice blend** with a **drizzle** of **olive oil**. Add the **chicken breast** and toss to coat. Place the spiced **chicken** on a second oven tray lined with baking paper. Cut deep slices across the **chicken breast** at 1cm intervals, taking care not to cut all the way through. Fill the slices with **enchilada sauce**. Sprinkle with the **shredded Cheddar cheese**. Bake until cooked through, **14-18 minutes**. **TIP:** *Cook times will vary depending on the size of the fillet.*



3 PREP THE VEGGIES

While the chicken is baking, drain the **sweetcorn** (see ingredients list). Shred the **cos lettuce**. Roughly chop the **cucumber** and **tomato**.



4 CHAR THE CORN

Heat a medium frying pan over a high heat. Add the **corn** kernels and cook, tossing occasionally, until golden and lightly charred, **4-5 minutes**. **TIP:** *Cover the pan with a lid if the kernels are "popping" out.* Remove the pan from the heat.



5 MAKE THE SALAD

In a large bowl, combine the **white wine vinegar**, **honey**, **4 tsp olive oil** and a **pinch** of **salt** and **pepper**. Add the **cos lettuce**, charred **corn**, **cucumber** and **tomato**. Just before serving, toss to coat.



6 SERVE UP

Divide the Mexican hasselback chicken, roasted kumara and charred corn salad between plates. Spoon any sauce remaining on the oven tray over the chicken.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
kumara	2
Tex-Mex spice blend	2 sachets
chicken breast	1 packet
enchilada sauce	1 sachet (150g)
shredded Cheddar cheese	1 packet (100g)
sweetcorn	½ tin (205g)
cos lettuce	1 head
cucumber	1
tomato	1
white wine vinegar*	2 tsp
honey*	1 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2900kJ (692Cal)	470kJ (112Cal)
Protein (g)	53.9g	8.7g
Fat, total (g)	23.2g	3.8g
- saturated (g)	9.1g	1.5g
Carbohydrate (g)	61.9g	10.0g
- sugars (g)	18.4g	3.0g
Sodium (g)	1010mg	164mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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