

### **CHEESY MEXICAN HASSELBACK CHICKEN**

with Roasted Kumara & Charred Corn Salad



Make hasselback chicken





Tex-Mex Spice Blend





Enchilada Sauce





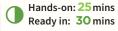
Cheddar Cheese



Cos Lettuce



Tomato





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,

## 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



# Preheat the oven to 220°C/200°C fanforced. 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.



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.



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.



**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!**

## 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	<b>PER 100G</b>
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** 

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