



Creole Chicken & Roast Veggie Toss

with Caramelised Onion Chutney & Mayo

Grab your Meal Kit with this symbol



Carrot



Beetroot



Red Onion



Peeled & Chopped Pumpkin



Creole Spice Blend



Chicken Thigh



Onion Chutney



Baby Spinach Leaves



Mayonnaise



Haloumi

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Eat Me Early

Calorie Smart*

This heavenly chicken coated in our Creole spice blend is full of flavour, thanks to red capsicum, onion and garlic. Add a medley of veggies, sweet chutney and a dollop of creamy mayo and it's satisfaction, guaranteed!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| beetroot | 1 | 2 |
| red onion | 1 (medium) | 1 (large) |
| peeled & chopped pumpkin | 1 packet (400g) | 1 packet (800g) |
| Creole spice blend | 1 sachet | 1 sachet |
| salt* | ¼ tsp | ½ tsp |
| brown sugar* | 1 tsp | 2 tsp |
| chicken thigh | 1 packet | 1 packet |
| onion chutney | 1 packet (40g) | 1 packet (80g) |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| mayonnaise | 1 packet (40g) | 1 packet (80g) |
| haloumi** | 1 packet (180g) | 2 packets (360g) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2252kJ (538Cal) | 340kJ (81Cal) |
| Protein (g) | 40.2g | 6.1g |
| Fat, total (g) | 22g | 3.3g |
| - saturated (g) | 4.1g | 0.6g |
| Carbohydrate (g) | 42.1g | 6.4g |
| - sugars (g) | 29.3g | 4.4g |
| Sodium (mg) | 1194mg | 180mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3498kJ (836Cal) | 465kJ (111Cal) |
| Protein (g) | 62.1g | 8.3g |
| Fat, total (g) | 44.6g | 5.9g |
| - saturated (g) | 17.7g | 2.4g |
| Carbohydrate (g) | 44.2g | 5.9g |
| - sugars (g) | 31.5g | 4.2g |
| Sodium (mg) | 1914mg | 254mg |

The quantities provided above are averages only.

*Custom recipe is not calorie smart

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.

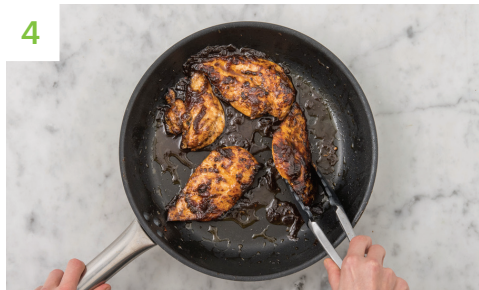
If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW03



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Cut the **red onion** into wedges. Divide the **peeled & chopped pumpkin, carrot, beetroot** and **onion** between two lined oven trays. Drizzle generously 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 a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**. Remove the pan from the heat, then add the **onion chutney mixture** and turn the chicken to coat.

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

CUSTOM RECIPE

Before cooking the chicken, heat the frying pan over a medium-high heat with a drizzle of olive oil. Cook the haloumi until golden brown, 1-2 minutes each side. Transfer to a plate. Continue with step.



Prep the chicken

While the veggies are roasting, combine the **Creole spice blend**, the **salt, brown sugar** and a drizzle of **olive oil** in a medium bowl. Season with **pepper**, then add the **chicken thigh** and turn to coat. Set aside.



Toss the veggies

When the veggies are done, add the **baby spinach leaves** to the tray and toss to combine. Season to taste.



Prep the onion chutney

In a small bowl, combine the **onion chutney** with a splash of **water**. Mix well and set aside.

CUSTOM RECIPE

If you've added haloumi to your meal, cut the haloumi into 1cm-thick slices.



Serve up

Slice the Creole chicken. Divide the roast veggie toss between plates. Top with the chicken. Spoon over the remaining glaze from the pan. Serve with the **mayonnaise**.

CUSTOM RECIPE

Divide the haloumi between plates along with the roast veggie toss and chicken.

Enjoy!