

# Creole Spiced Chicken & Roast Veggie Salad

with Garlic & Chive Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Potato



Carrot



Peeled & Chopped Pumpkin



Chicken-Style Stock Powder



Flaked Almonds



Chives



Garlic



Greek-Style Yoghurt



Chicken Breast




Creole Spice Blend



Baby Spinach Leaves

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

 Eat me early

Say hello to your newest friend with flavour: our Creole spice blend! We've created a secret mix of herbs and spices including paprika, oregano and lemon pepper for this tasty tribute to the famous New Orleans cuisine. Tender pan-fried chicken breast is the perfect vehicle to let this spice mix shine, and when you add sweet roasted veggies, you get a bowl of goodness!

### Pantry items

Olive Oil, White Wine Vinegar



## 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
beetroot	1	2
potato	1	2
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chicken-style stock powder	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
chives	1 bunch	1 bunch
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast	1 packet	1 packet
Creole spice blend	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2196kJ (524Cal)	336kJ (80Cal)
Protein (g)	41.7g	6.4g
Fat, total (g)	18.9g	2.9g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	47.1g	7.2g
- sugars (g)	21.8g	3.3g
Sodium (mg)	1375mg	211mg

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](https://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 the oven to **240°C/220°C fan-forced**. Cut the **beetroot** into small chunks. Cut the **potato** and **carrot** into bite-sized chunks. Place the **veggies** and **peeled & chopped pumpkin** on a lined oven tray. Sprinkle over the **chicken-style stock powder** and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to combine. Roast until tender, **20-25 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



### Cook the chicken

When the **veggies** have **10 minutes** cook time remaining, 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). Transfer to a plate to rest.

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

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



### Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside. Finely chop the **chives** and **garlic**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and **chives**. Stir to combine and season to taste.



### Bring it all together

Add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the roasted **veggies** on the oven tray. Gently toss to combine and season to taste.



### Flavour the chicken

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 medium bowl, combine the **Creole spice blend** and a drizzle of **olive oil**, then season with **pepper**. Add the **chicken** and toss to coat.



### Serve up

Slice the Creole chicken. Divide the roast veggie salad between plates and top with the chicken (plus any resting juices!). Spoon over the garlic-chive yoghurt and sprinkle with the toasted almonds.

Enjoy!