

Easy Baked Chicken Salad & Roasted Veggies

with Lemon Yoghurt, Parmesan Cheese & Flaked Almonds

Grab your Meal Kit with this symbol



Kumara



Beetroot



Chopped Veggie Mix



Garlic & Herb Seasoning



Aussie Spice Blend



Chicken Breast



Flaked Almonds



Lemon



Greek-Style Yoghurt



Baby Spinach Leaves



Grated Parmesan Cheese

Keep an eye out...

Due to recent sourcing challenges, we've replaced Greek salad cheese/feta cheese with Parmesan, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Honey

Hands-on: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

Calorie Smart

Eating the rainbow has never looked so good! Simply roast a medley of colourful veggies, cook tender pieces of spiced chicken, then top it all off with zingy lemon yoghurt. It's a nutritionally balanced meal that will leave you feeling healthy and satisfied.

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
kumara	1 (medium)	1 (large)
beetroot	1	2
chopped veggie mix	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
Aussie spice blend	1 sachet	1 sachet
chicken breast	1 packet	1 packet
flaked almonds	1 packet	2 packets
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
honey*	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1958kJ (468Cal)	315kJ (75Cal)
Protein (g)	40.3g	6.5g
Fat, total (g)	16.2g	2.6g
- saturated (g)	6g	1g
Carbohydrate (g)	39.2g	6.3g
- sugars (g)	25.6g	4.1g
Sodium (mg)	1282mg	206mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **kumara** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **kumara, beetroot, chopped veggie mix** and **garlic & herb seasoning** on a lined oven tray. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to combine and roast until tender, **25-30 minutes**.

3



Bring it all together

- While chicken is baking, cut **lemon** into wedges.
- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lemon juice**.
- When veggies are done, add **baby spinach leaves** and **honey** to tray and toss to combine.

2



Cook the chicken

- Meanwhile, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken breast**, season and turn to coat.
- Heat a large frying pan over a medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned, **2 minutes** each side. Transfer to a second lined oven tray and bake until cooked through, **8-12 minutes** (depending on size).

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

4



Serve up

- Slice chicken.
- Divide roasted veggies between plates and top with chicken.
- Spoon over lemon yoghurt and sprinkle with **grated Parmesan**.
- Garnish with toasted almonds and serve with any remaining lemon wedges.

Enjoy!