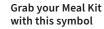


Easy Spiced Chicken & Roast Pumpkin Toss with Dill-Parsley Mayo & Crispy Shallots











Peeled & Chopped Pumpkin

Chicken Breast Strips





Aussie Spice Blend

Baby Spinach



Dill & Parsley Mayonnaise

Crispy Shallots



Pantry items

Olive Oil

Hands-on: 10-20 mins Ready in: 30-40 mins

Eat me early

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy Aussie spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies (that'll take barely any effort to whip up) and top it off with a sprinkling of crispy shallots for an outstanding pairing of flavours – without the sweat and tears.

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	
courgette	1	2	
red onion	1 (medium)	1 (large)	
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)	
chicken breast strips	1 packet	1 packet	
Aussie spice blend	1 sachet	1 sachet	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
dill & parsley mayonnaise	1 packet (100g)	2 packets (200g)	
crispy shallots	1 packet	1 packet	

^{*}Pantry Items

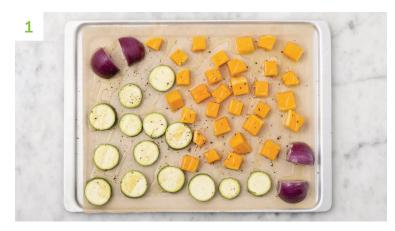
Nutrition

	Per Serving	Per 100g
Energy (kJ)	2810kJ (671Cal)	458kJ (109Cal)
Protein (g)	38.6g	6.3g
Fat, total (g)	44.3g	7.2g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	29.9g	4.9g
- sugars (g)	17.9g	2.9g
Sodium (mg)	880mg	144mg

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.



Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Slice the courgette into rounds. Cut the red onion into quarters. Place the courgette, onion and peeled & chopped pumpkin on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat and roast until tender, 20-25 minutes.



Finish the veggies

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



Cook the chicken

When the veggies have **10 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **chicken breast strips** and **Aussie spice blend**, tossing occasionally, until browned and cooked through, **2-3 minutes** each side.

TIP: Don't worry if your chicken gets a little charred - it adds to the flavour!
TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

Divide the roast pumpkin toss between plates and top with the chicken. Serve with the **dill & parsley mayonnaise** and garnish with the **crispy shallots**.

Enjoy!