



Easy Spiced Chicken & Roast Pumpkin Toss

with Dill-Parsley Mayo & Crispy Shallots

Grab your Meal Kit with this symbol



Courgette



Red Onion



Peeled & Chopped Pumpkin



Chicken Breast Strips



Aussie Spice Blend



Baby Spinach Leaves




Dill & Parsley Mayonnaise



Crispy Shallots

 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.

Pantry items

Olive Oil

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.

1



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**.

3



Finish the veggies

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

2



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.

4



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!