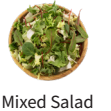
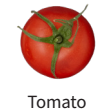
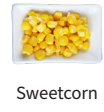
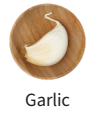



# Tex-Mex Chicken & Roast Veggie Salad

with Sweetcorn & Garlic Yoghurt

Grab your Meal Kit with this symbol



 Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

 Eat me early

 Low Calorie

Try a taste of Mexico with a difference! We're giving golden veggies and baby spinach a flavour boost with tender chicken rubbed with mild Tex-Mex spices. Add a dollop of garlic-infused yoghurt and crunchy charred sweetcorn for a feast worthy of a fiesta!

### 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
red kumara	1 (medium)	1 (large)
carrot	1	2
red onion	1 (medium)	1 (large)
garlic	4 cloves	8 cloves
sweetcorn	½ tin	1 tin
Greek-style yoghurt	1 medium packet	1 large packet
Tex-Mex spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
tomato	1	2
white wine vinegar*	½ tbs	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2230kJ (532Cal)	358kJ (85Cal)
Protein (g)	39.7g	6.4g
Fat, total (g)	19.4g	3.1g
- saturated (g)	5g	0.8g
Carbohydrate (g)	46.5g	7.5g
- sugars (g)	19.5g	3.1g
Sodium (mg)	806mg	129mg

## 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.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **red kumara** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) into 1cm half-moons. Slice the **red onion** into 2cm wedges. Finely chop the **garlic**. Drain the **sweetcorn** (see ingredients).

**TIP:** Cut the veggies to size so they cook in time.



## Roast the veggies

Place the **red kumara**, **carrot**, **onion** and **sweetcorn** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **20-25 minutes**. Set aside to cool slightly.



## Make the garlic yoghurt

While the veggies are roasting, heat a large frying pan over a medium heat with a drizzle of **olive oil**. Add 1/2 the **garlic** and cook, stirring, until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and stir to combine. Season to taste and set aside.



## Cook the chicken

In a medium bowl, combine the **Tex-Mex spice blend**, remaining **garlic** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **chicken breast strips** and toss to coat. Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **3-4 minutes**.

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



## Toss the veggies

While the chicken is cooking, roughly chop the **tomato**. In a large bowl, combine the **white wine vinegar** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **mixed salad leaves**, **tomato** and roasted **veggies**. Toss to combine.



## Serve up

Divide the roast veggie salad between plates. Top with the Tex-Mex chicken and garlic yoghurt.

**Enjoy!**