



# Garlic & Herb Chicken

with Roast Veggie Medley & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Tomato



Carrot



Red Onion



Parsnip



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Chicken Breast



Baby Spinach Leaves



Dill & Parsley Mayonnaise

Hands-on: **30 mins**  
Ready in: **40 mins**

Eat me early

You can't go wrong with garlic and herbs, or roasted veggies, or dill-parsley mayo... Know where we're going with this? That's right, this meal is the greatest hits of our favourite flavours, with juicy chicken breast leading the way.

*Unfortunately, this week's courgette was in short supply, so we've replaced it with tomato. Don't worry, the recipe will be just as delicious!*

### 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

Two oven trays lined with baking paper  
Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
tomato	2
carrot	2
red onion	1
parsnip	1
peeled & chopped pumpkin	1 packet (800g)
garlic & herb seasoning	2 sachets
chicken breast	1 packet
baby spinach leaves	1 bag (90g)
dill & parsley mayonnaise	1 packet (100g)
water*	2 tsp

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2320kJ (553Cal)	353kJ (84Cal)
Protein (g)	44.0g	6.7g
Fat, total (g)	29.1g	4.4g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	26.9g	4.1g
- sugars (g)	19.1g	2.9g
Sodium (g)	594mg	91mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Slice the **tomato** into 3cm wedges. Slice the **carrot** (unpeeled) into 1cm half-moons. Slice the **red onion** into 3cm wedges. Cut the **parsnip** into 1cm chunks.

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



### 2. Roast the veggies

Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper and the **tomato, carrot, onion** and **parsnip** on a second oven tray lined with baking paper. **Drizzle** both trays with **olive oil** and add a **pinch** of **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



### 3. Flavour the chicken

While the veggies are roasting, combine the **garlic & herb seasoning**, a **generous drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** in a large bowl. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to the **garlic-herb mixture** and toss to coat.



### 4. Cook the chicken

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add **1/2** the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Repeat with the **remaining chicken**.

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



### 5. Toss the salad

In a large bowl, combine the roasted **veggies** and **baby spinach leaves** and toss well to combine. In a small bowl, combine the **dill & parsley mayonnaise** and the **water**.



### 6. Serve up

Thinly slice the chicken. Divide the roast veggie toss between plates and top with the garlic and herb chicken. Spoon over any resting juices from the chicken. Drizzle over the dill-parsley mayo.

**Enjoy!**