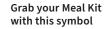


Garlic & Herb Chicken

with Cheesy Roasted Veggies & Dill-Parsley Mayo















Parsnip





Shredded Cheddar



Cheese





Garlic & Herb



Dill & Parsley Mayonnaise

Seasoning

Baby Spinach

Leaves

Pantry items Olive Oil







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

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
beetroot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
parsnip	1	2
carrot	1	2
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
chicken breast	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2491kJ (595Cal)	421kJ (101Cal)
Protein (g)	40.9g	6.9g
Fat, total (g)	35.5g	6g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	28.9g	4.9g
- sugars (g)	19.4g	3.3g
Sodium (mg)	973mg	164mg
Dietary Fibre (g)	6.8g	1.3g

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.



Roast the veggies

- Preheat oven to 240°/220°C fan-forced. Cut beetroot into small chunks.
 Cut cauliflower into small florets. Cut parsnip and carrot into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt
 and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.
- Remove from oven, sprinkle with shredded Cheddar cheese and bake until golden and melted, a further 5-8 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Cook the chicken

- When veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook chicken, tossing occasionally, until browned and cooked through,
 3-4 minutes each side.



Get prepped

- Meanwhile, slice chicken breast into 2cm strips.
- Combine chicken, garlic & herb seasoning and a drizzle of olive oil in a medium bowl. Season with salt and pepper.
- In a small bowl, combine dill & parsley mayonnaise with a drizzle of water.
 Set aside.



Serve up

- Add **baby spinach leaves** to roasted veggies and toss to coat.
- Divide cheesy roasted veggies and garlic-herb chicken between plates.
- Drizzle over dill-parsley mayo to serve.

Enjoy!