



# Garlic & Herb Chicken

with Cheesy Roasted Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Beetroot



Cauliflower



Parsnip



Carrot



Shredded Cheddar Cheese



Chicken Breast



Garlic & Herb Seasoning



Dill & Parsley Mayonnaise



Baby Spinach Leaves

Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

Carb Smart

Eat Me Early

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.

### 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
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](https://www.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 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.

3



## 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.

2



## 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.

4



## 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!