

# Lemon Pepper Chicken & Roast Root Veggie Salad

with Caramelised Onion & Honey Yoghurt Dressing

Grab your Meal Kit with this symbol



Carrot



Parsnip



Beetroot



Onion



Kumara



Lemon



Lemon Pepper Spice Blend



Salad Leaves



Diced Chicken



Greek-Style Yoghurt

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins  
Ready in: 40-50 mins

 Eat Me Early

 Dietitian Approved

 Calorie Smart

A zesty chicken is always a fun dinner option and a great way to switch things up. With a nutritious addition of crisp salad leaves, dotted with roasted veggies and drizzled over in a cooling yoghurt. Top it with that special lemon chicken for a new favourite dinner.

### Pantry items

Olive Oil, Honey, Balsamic Vinegar, Brown Sugar, 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
kumara	1	2
beetroot	1	2
onion	1 (medium)	1 (large)
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
lemon pepper spice blend	1 sachet	1 sachet
diced chicken	1 packet	1 packet
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2229kJ (532Cal)	304kJ (72Cal)
Protein (g)	38.5g	5.3g
Fat, total (g)	11g	1.5g
- saturated (g)	2.8g	0.4g
Carbohydrate (g)	71.6g	9.8g
- sugars (g)	36.5g	5g
Sodium (mg)	452mg	62mg

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://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°C/220°C fan-forced**.
- Cut **carrot** and **parsnip** into bite-sized chunks. Peel **kumara**, then cut into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**. Set aside to slightly cool.

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



## Cook the chicken

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-4 minutes**.

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



## Get prepped

- Meanwhile, thinly slice **onion**. Cut **lemon** into wedges.
- In a small bowl, combine **Greek-style yoghurt**, a squeeze of **lemon juice** and the **honey**. Season with **salt** and **pepper**. Set aside.
- In a large bowl, combine **lemon pepper spice blend**, a drizzle of **olive oil** and a generous pinch of **salt**. Add **diced chicken** and turn to coat. Set aside.



## Bring it all together

- In a second large bowl, combine **salad leaves**, **roasted veggies** and a drizzle of **white wine vinegar** and **olive oil**. Season and gently toss to combine.



## Caramelize the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, the **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## Serve up

- Divide roast root veggie salad between bowls. Top with lemon pepper chicken and caramelised onion.
- Drizzle with honey yoghurt dressing to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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