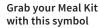
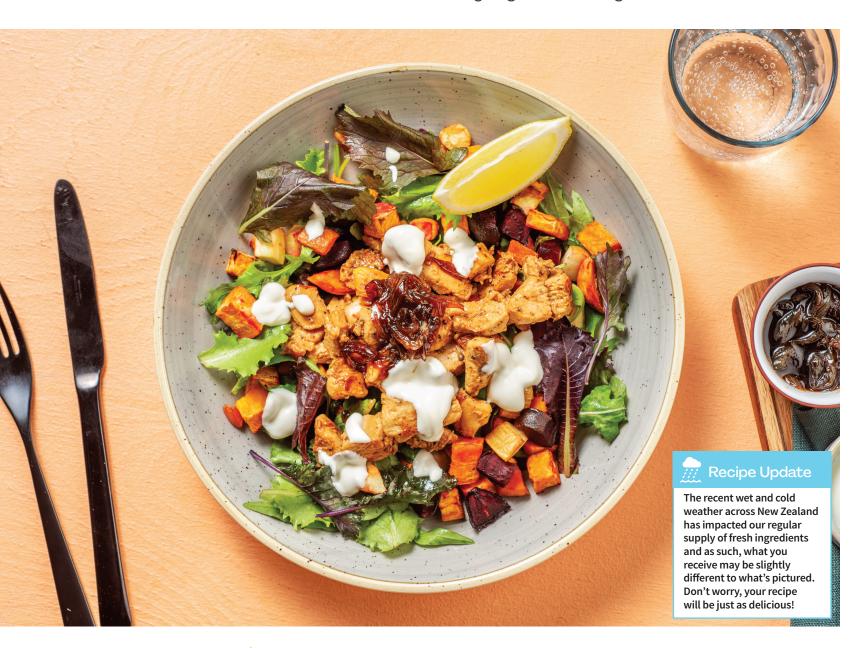


Lemon Pepper Chicken & Roast Root Veggie Salad

with Caramelised Onion & Honey Yoghurt Dressing















Onion

Beetroot





Lemon

Kumara



Lemon Pepper Spice Blend

Salad Leaves



Diced Chicken

Yoghurt

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

Calorie Smart



Eat Me Early

Dietitian Approved

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
parsnip	1	2	
kumara	1	2	
beetroot	1	2	
onion	1 (medium)	1 (large)	
lemon	1/2	1	
Greek-style yoghurt	1 medium packet	1 large packet	
honey*	1 tsp	2 tsp	
lemon pepper spice blend	1 sachet	1 sachet	
diced chicken	1 packet	1 packet	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
salad leaves	1 small bag	1 medium bag	
white wine vinegar*	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 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.



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.



Caramelise 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.



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.



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.



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!

