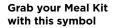
Nan's Chicken & Roast Veggie Toss

with Feta & Flaked Almonds















Red Onion



Carrot





Nan's Special



Seasoning



Baby Spinach Leaves



Balsamic Glaze



Feta

Pantry items Olive Oil



Eat me early



Our popular Nan's special seasoning, with paprika, pepper, onion and garlic, instantly adds a rich, traditional flavour to succulent chicken breast. Add creamy feta and roasted veggies for a dish worth enjoying again and again.

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

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(large)
(large)
packet
sachet
packets
bag (0g)
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packet 0g)

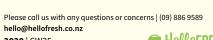
^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2220kJ (530Cal)	357kJ (85Cal)
Protein (g)	46.0g	7.4g
Fat, total (g)	14.6g	2.4g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	48.2g	7.8g
- sugars (g)	25.8g	4.2g
Sodium (mg)	585mg	94mg

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.





1. Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the **kumara** (unpeeled) into 2cm chunks. Cut the parsnip, beetroot and carrot (all unpeeled) into 1cm chunks. Slice the **red onion** into 3cm wedges. Divide the kumara, parsnip, beetroot, carrot and **onion** over two oven trays lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat, then spread out in a single layer and roast until tender, 25-30 minutes.

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

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



2. Prep the chicken

While the veggies are roasting, place your hand flat on top of each chicken breast and use a sharp knife to slice through horizontally to make two thin steaks.



3. Flavour the chicken

In a medium bowl, combine Nan's special seasoning with a little drizzle of olive oil and a **pinch** of **pepper**. Add the **chicken** and toss to coat. Set aside. Heat a large frying pan over a mediumhigh heat. Add the flaked almonds and toast, tossing, until golden, 2-3 minutes. Transfer to a plate and set aside.



4. Cook the chicken

When the veggies have 10 minutes cook time remaining, return the frying pan to a medium-high heat with a drizzle of olive oil. Add the chicken and cook until cooked through, 3-5 minutes each side (depending on thickness).

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



5. Bring it all together

In a large bowl, combine the roasted veggies and baby spinach leaves. Season to taste with salt and pepper.



6. Serve up

Thickly slice the chicken. Divide the roast veggie toss and Nan's chicken between plates. Drizzle with the **balsamic glaze**. Sprinkle with the toasted almonds and crumble over the feta.

Enjoy!