



Nan's Chicken & Roast Veggie Toss

with Feta & Flaked Almonds

Grab your Meal Kit with this symbol 



Kumara



Parsnip



Beetroot



Red Onion



Carrot



Chicken Breast



Nan's Special Seasoning



Flaked Almonds




Baby Spinach Leaves




Balsamic Glaze



Feta

 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**  Low Calorie

 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.

*Unfortunately, this week's tomato was in short supply, so we've replaced it with carrot.
 Don't worry, the recipe will be just as delicious!*

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

Two oven trays lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
parsnip	1	2
beetroot	1	2
red onion	1 (medium)	1 (large)
carrot	1	2
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	drizzle	drizzle
feta	1 packet (25g)	1 packet (50g)

*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](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 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.



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.



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 medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate and set aside.



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!