

Nan's Chicken & Tuscan Roasted Veggies

with Hollandaise

Grab your Meal Kit with this symbol



Onion



White Turnip



Tuscan Herb Seasoning



Flaked Almonds



Nan's Special Seasoning



Baby Spinach Leaves



Hollandaise



Chicken Breast



Peeled Pumpkin Pieces

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: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Carb Smart

Chicken and veggies is a simple weekday meal that never fails to please. How about we spice things up a bit tonight? Why not try roasting the chicken with our Nan's special seasoning or sprinkling a Tuscan herb seasoning over a colourful serving of veggies so when they roast all those flavours will be locked in. A simple dish with a fantastic twist.

Pantry items

Olive Oil, Balsamic 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 trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
white turnip	1	2
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
Tuscan herb seasoning	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	1 tsp	2 tsp
Hollandaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1863kJ (445Cal)	338kJ (81Cal)
Protein (g)	40.4g	7.3g
Fat, total (g)	18.7g	3.4g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	26.4g	4.8g
- sugars (g)	14g	2.5g
Sodium (mg)	1126mg	205mg
Dietary Fibre (g)	8g	1.5g

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion** into wedges. Cut **white turnip** into bite-sized chunks.



Roast the veggies

- Place **peeled pumpkin pieces, onion and turnip** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **Tuscan herb seasoning** and a pinch of **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- In the last **5 minutes**, add **flaked almonds** to the tray and roast until toasted.

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



Prep the chicken

- While the veggies are roasting, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **pepper**. Add **chicken** and turn to coat.



Cook the chicken

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

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

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Make the salad

- In a second medium bowl, add **roasted veggies, toasted almonds, baby spinach leaves** and the **balsamic vinegar**. Season and gently toss to combine.



Serve up

- Slice Nan's chicken.
- Divide Tuscan roasted veggies and chicken between plates. Spoon any resting juices over chicken.
- Drizzle with **Hollandaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW34

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate