

Seed-Crusted Chicken & Roast Veggie Toss

with Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Onion



Carrot



Baby Broccoli



Pumpkin Seeds (Pepitas)



Aussie Spice Blend



Panko Breadcrumbs



Baby Spinach Leaves



Chicken Breast





Greek-Style Yoghurt

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: 25-35 mins
Ready in: 35-45 mins

 Carb Smart

 Eat Me Early

Dietician Approved

It's a good idea to have an extra layer on you, but how about on tonight's dinner? Let's add layers upon layers of flavour by crusting the chicken in pumpkin seeds, our Aussie spice blend and golden panko breadcrumbs for a crunchy texture. Cook it up and serve with a tangy Greek-style yoghurt.

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
beetroot	1	2
onion	1 (medium)	1 (large)
carrot	1	2
baby broccoli	1 bag	1 bag
chicken breast	1 packet	1 packet
pumpkin seeds (pepitas)	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
panko breadcrumbs	½ packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1921kJ (459Cal)	346kJ (82Cal)
Protein (g)	45.6g	8.2g
Fat, total (g)	14.7g	2.6g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	38.4g	6.9g
- sugars (g)	17.6g	3.2g
Sodium (mg)	659mg	119mg
Dietary Fibre (g)	10.9g	2g

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.

We're here to help!

Scan here if you have any questions or concerns

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Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into thin wedges. Cut **onion** into thick wedges. Cut **carrot** into bite-sized chunks. Trim **baby broccoli**.
- Place **beetroot**, **onion** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until almost tender, **10-15 minutes**.
- Remove tray from the oven. Add **baby broccoli** and drizzle with **olive oil**, then season. Return tray to the oven and bake until tender, a further **10 minutes**.

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



Cook the chicken

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **chicken** until golden and cooked through, **3-5 minutes** each side (cook in batches if pan is getting crowded).

TIP: Add extra oil between batches so the chicken doesn't stick to the pan!

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



Prep the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- Crush **pumpkin seeds** in their packet using a rolling pin or with a pestle and mortar, until resembling fine crumbs.



Flavour the chicken

- In a large bowl, combine **Aussie spice blend** and a good drizzle of **olive oil**. Season, then add **chicken** and turn to coat.
- Add crushed **pumpkin seeds** and the **panko breadcrumbs** (see ingredients). Turn **chicken** again, pressing into seed mixture to coat.



Toss the veggies

- Add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray of **roasted veggies**. Gently toss to combine.



Serve up

- Divide roast veggie toss and seed-crusted chicken between plates.
- Serve with **Greek-style yoghurt**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.co.nz/rate