

# Seed-Crusted Chicken & Roast Veggie Toss

with Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Beetroot



Onion



Carrot



Courgette



Chicken Breast



Pumpkin Seeds (Pepitas)



Aussie Spice Blend



Panko Breadcrumbs



Baby Spinach Leaves



Greek-Style Yoghurt



Venison Steak

Prep in: 25-35 mins  
Ready in: 35-45 mins

Carb Smart

Eat Me Early

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 breadcrumbs for a crunchy texture. Cook it up and serve with a tangy yoghurt.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
onion	1 (medium)	1 (large)
carrot	1	2
courgette	1	2
chicken breast	1 packet	1 packet
pumpkin seeds (pepitas)	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
panko breadcrumbs	½ medium packet	1 medium packet
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
venison steak**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1927kJ (461Cal)	318kJ (76Cal)
Protein (g)	45.7g	7.6g
Fat, total (g)	15.1g	2.5g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	38g	6.3g
- sugars (g)	17.8g	2.9g
Sodium (mg)	654mg	108mg
Dietary Fibre (g)	10.4g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1716kJ (410Cal)	304kJ (73Cal)
Protein (g)	41.4g	7.3g
Fat, total (g)	11.2g	2g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	38g	6.7g
- sugars (g)	17.8g	3.1g
Sodium (mg)	614mg	109mg

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](https://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

2023 | CW20



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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** and **courgette** into bite-sized chunks.
- Place **beetroot, onion** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until almost tender, **10-15 minutes**.
- Remove tray from the oven. Add **courgette**, drizzle with **olive oil** and season. Return tray to the oven and roast until tender, a further **10 minutes**.

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

4



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

**Custom Recipe:** Heat a large frying pan over medium-high heat with a drizzle of olive oil. When oil is hot, cook venison for 3-5 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and cover to keep warm.

2



## Get prepped

- 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.

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## Toss the veggies

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

3



## Coat 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 on **seed mixture** to coat.

**Custom Recipe:** If you've upgraded from chicken breast to venison steak. Crumb steak in the same way as the chicken.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)