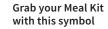


# Seed-Crusted Chicken & Roast Veggie Toss

with Yoghurt

DIETITIAN APPROVED











Courgette

Carrot









**Aussie Spice** Blend



Panko Breadcrumbs



**Baby Spinach** 



Yoghurt





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

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.

Olive Oil, White Wine VInegar

**Pantry items** 

## 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

9				
	2 People	4 People		
olive oil*	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		
white wine vinegar*	drizzle	drizzle		
Greek-style yoghurt	1 medium packet	1 large packet		
venison steak**	1 packet	1 packet		

<sup>\*</sup>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)	<b>304kJ</b> (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 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

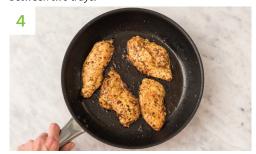
2023 | CW20



# 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.



## 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.



# 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.



### 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.



# 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

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

