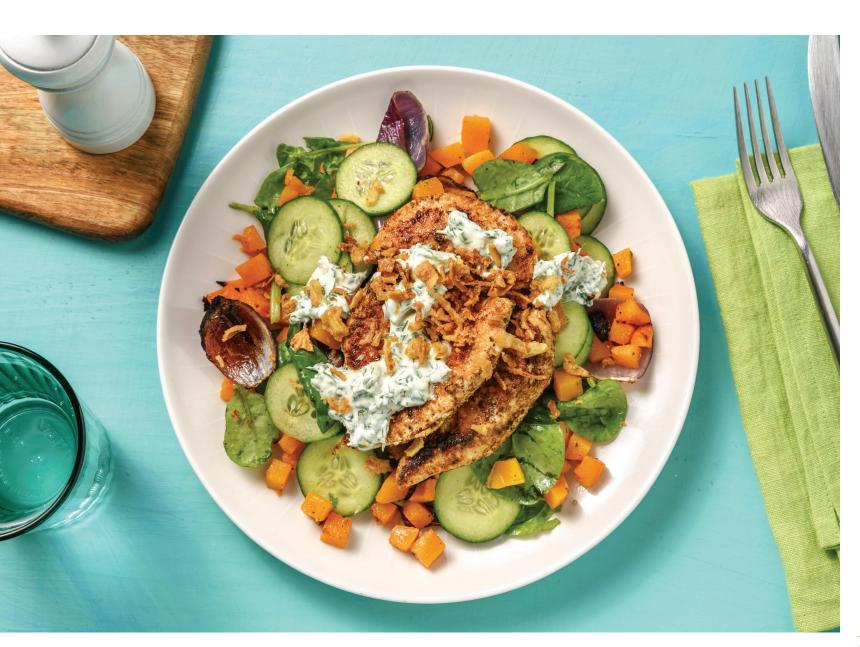


# Easy Spiced Chicken & Roast Pumpkin Toss with Dill-Parsley Mayo & Crispy Shallots

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Chicken Breast



Strips







**Baby Spinach** 

Cucumber





Mayonnaise



Crispy Shallots

**Pantry items** Olive Oil

Eat Me Early

## 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	
red onion	1 (medium)	1 (large)	
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)	
chicken breast strips	1 packet	1 packet	
Aussie spice blend	1 sachet	1 sachet	
cucumber	1 (medium)	1 (large)	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
dill & parsley mayonnaise	1 packet (100g)	2 packets (200g)	
crispy shallots	1 sachet	1 sachet	

<sup>\*</sup>Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2679kJ (640Cal)	476kJ (114Cal)
Protein (g)	35.3g	6.3g
Fat, total (g)	43.5g	7.7g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	26.8g	4.8g
- sugars (g)	14.2g	2.5g
Sodium (mg)	886mg	157mg
Dietary Fibre(g)	5.3g	0.9g

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 red onion into quarters.
- Place onion and peeled & chopped pumpkin on a lined oven tray. Drizzle
  with olive oil, season with salt and pepper and toss to coat. Spread out
  evenly, then roast until tender, 20-25 minutes.



#### Cook the chicken

- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook chicken breast strips and Aussie spice blend until browned and cooked through, 3-4 minutes each side.

TIP: Don't worry if your chicken gets a little charred, it adds to the flavour!



# Make the roast pumpkin toss

- Meanwhile, thinly slice **cucumber** into rounds.
- In a large bowl, combine baby spinach leaves, cucumber and roasted veggies.



## Serve up

- Divide roast pumpkin toss between plates and top with spiced chicken.
- Spoon over dill & parsley mayonnaise. Garnish with crispy shallots to serve.

# Enjoy!