

Easy Spiced Chicken & Roast Pumpkin Toss

with Dill-Parsley Mayo & Crispy Shallots

Grab your Meal Kit with this symbol



Red Onion



Peeled & Chopped Pumpkin



Chicken Breast Strips



Aussie Spice Blend



Cucumber



Baby Spinach Leaves




Dill & Parsley Mayonnaise



Crispy Shallots

 Hands-on: 10-20 mins
Ready in: 30-40 mins

 Carb Smart

 Eat Me Early

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy Aussie spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies (that'll take barely any effort to whip up) and top it off with a sprinkling of crispy shallots for an outstanding pairing of flavours – without the sweat and tears.

Pantry items

Olive Oil

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

*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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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**.

3



Make the roast pumpkin toss

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

2



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!

4



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!