

# Easy Tex-Mex Baked Chicken

with Zesty Roast Veggie & Crispy Flatbread Toss

Grab your Meal Kit with this symbol



Carrot



Capsicum



Tex-Mex Spice Blend



Chicken Breast



Flatbreads



Baby Spinach Leaves



Zesty Chilli Salt



Smokey Aioli

 Hands-on: 10-20 mins  
Ready in: 25-35 mins

 Eat Me Early

 Calorie Smart

Try a taste of Tex-Mex cuisine with a difference! We're giving golden veggies and baby spinach a flavour boost with tender chicken rubbed with mild spices. Add a dollop of smoky aioli and crispy flatbreads for a feast worthy of a fiesta!

### Pantry items

Olive Oil, Red 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
Tex-Mex spice blend	1 sachet	1 sachet
chicken breast	1 packet	1 packet
flatbreads	2	4
baby spinach leaves	1 bag (30g)	1 bag (60g)
zesty chilli salt	1 sachet	2 sachets
red wine vinegar*	drizzle	drizzle
smokey aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618Cal)	498kJ (119Cal)
Protein (g)	43g	8.3g
Fat, total (g)	24.7g	4.8g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	54.4g	10.5g
- sugars (g)	12.3g	2.4g
Sodium (mg)	1256mg	242mg

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.

1



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **carrot** and **capsicum** into bite-size chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

3



## Bring it all together

- Roughly chop **flatbreads**. When the veggies have **5 minutes** cook time remaining, place **flatbreads** on the tray with **veggies** and roast until golden.
- When roasted veggies and flatbreads are done, add **baby spinach leaves**, **zesty chilli salt** and a drizzle of **red wine vinegar** and **olive oil** to the tray. Gently toss to combine.

2



## Cook the chicken

- Meanwhile, combine **Tex-Mex spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken breast**, season and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **6-10 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink in the middle.

4



## Serve up

- Slice Tex-Mex chicken.
- Divide zesty roast veggie and crispy flatbread toss between plates. Top with chicken.
- Serve with **smokey aioli**.

## Enjoy!