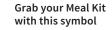


Easy Tex-Mex Baked Chicken with Zesty Roast Veggie & Crispy Flatbread Toss









Tex-Mex Spice Blend

Chicken Breast





Flatbreads

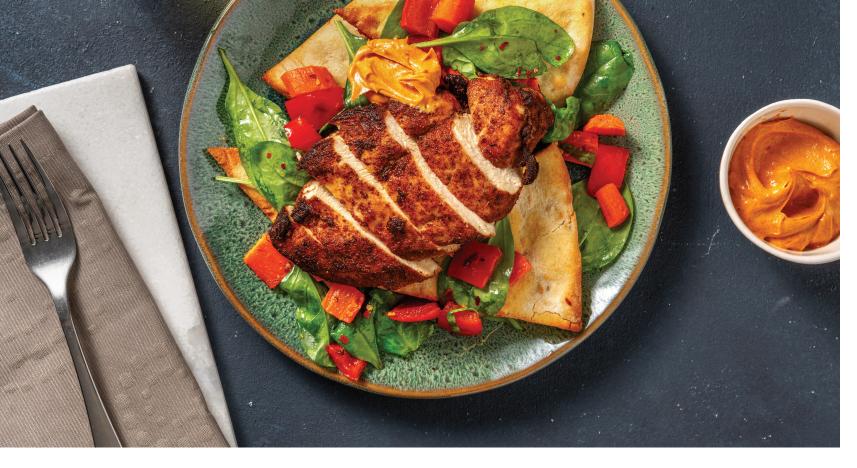
Baby Spinach





Zesty Chilli

Smokey Aioli



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

Eat Me Early



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 smokey 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 \cdot Large frying pan

Ingredients

g. •••			
	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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**.



Bring it all together

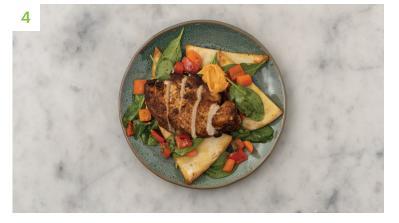
- Roughly chop flatbreads. When the veggies have 5 minutes cook time remaining, place flatbreads on the tray with veggies and roast until golden.
- When roasted veggies and flatbreads are done, add baby spinach leaves, zesty chilli salt and a drizzle of red wine vinegar and olive oil to the tray. Gently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



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.



Serve up

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

Enjoy!