



Smokey Honey-Chipotle Chicken & Kale-Veggie Toss with Garlic Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Kale



Potato, Carrot & Zucchini Mix



Snacking Tomatoes



Chicken Thigh



Tex-Mex Spice Blend



Mild Chipotle Sauce



Garlic



Greek-Style Yoghurt



Chicken Breast

Prep in: 10-20 mins
Ready in: 35-45 mins

Carb Smart

Eat Me Early

With some mild spices and chipotle sauce, this chicken dish is transformed into a fiesta of flavours. Bonus: it's designed to keep you super satisfied but light on your toes!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kale	1 medium bag	1 large bag
potato, carrot & zucchini mix	1 medium bag	1 large bag
snacking tomatoes	1 punnet	2 punnets
chicken thigh	1 small packet	2 small packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
mild chipotle sauce	1 packet	2 packets
honey*	½ tbs	1 tbs
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2059kJ (492Cal)	279kJ (67Cal)
Protein (g)	41g	5.5g
Fat, total (g)	18.4g	2.5g
- saturated (g)	4.7g	0.6g
Carbohydrate (g)	37.9g	5.1g
- sugars (g)	16.9g	2.3g
Sodium (mg)	904mg	122mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1984kJ (474Cal)	268kJ (64Cal)
Protein (g)	44.7g	6g
Fat, total (g)	14.6g	2g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	37.9g	5.1g
- sugars (g)	16.9g	2.3g
Sodium (mg)	887mg	120mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Roughly tear **kale** leaves, then discard stems.
- Place **potato, carrot & zucchini mix** and **snacking tomatoes** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.
- When veggies have **8 minutes** remaining, add **kale** to the oven tray with veggies. Gently toss to combine. Return to oven and cook until tender.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Make garlic yoghurt

- Meanwhile, in a small bowl, combine **mild chipotle sauce** and the **honey**.
- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat, until fragrant, **1 minute**. Transfer to a small heatproof bowl.
- Add **Greek-style yoghurt** to **garlic oil mixture** and combine. Season to taste.

2



Cook the chicken

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Meanwhile, place **chicken thigh** and **Tex-Mex spice blend** on a second lined oven tray.
- Add a generous pinch of **salt** and a drizzle of **olive oil**, then turn **chicken** to coat.
- Bake until cooked through, **14-16 minutes**.

TIP: Chicken is cooked through when its no longer pink inside.

Custom Recipe: If you've swapped to chicken breast, flavour chicken breast as above. Bake until cooked through, 14-16 minutes.

4



Serve up

- Slice chicken.
- Divide kale-veggie toss and chicken between plates.
- Drizzle over chipotle sauce.
- Top with a dollop of garlic yoghurt to serve. Enjoy!

Rate your recipe

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