



Mexican-Spiced Chicken & Garlic Sauce

with Easy-Prep Roast Veggie Toss

Grab your meal kit with this number

5



Cauliflower



Carrot & Zucchini Mix



Sweetcorn



Chicken Thigh



Tex-Mex Spice Blend



Baby Spinach Leaves



Garlic Sauce

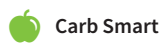


Chicken Thigh



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins



Carb Smart

1 Eat Me First

Let's hear it for mid-week Mexican! Our Tex-Mex spice blend is all you need to flavour the juicy chicken thigh, which works a treat with the veggies and a dollop of creamy garlic sauce. Did we mention this is light on the carbs?

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
cauliflower	1 medium portion	1 large portion
carrot & zucchini mix	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
sweetcorn	1 medium tin	1 large tin
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
garlic sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1696kJ (405Cal)	319kJ (76Cal)
Protein (g)	42.7g	8g
Fat, total (g)	15.5g	2.9g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	21.8g	4.1g
- sugars (g)	15g	2.8g
Sodium (mg)	809mg	152mg
Dietary Fibre (g)	6.5g	1.2g

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **cauliflower** into small florets.
- Place **cauliflower** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil** and the **honey**. Season with **salt** and **pepper**, then toss to coat.
- Roast until tender, **25-30 minutes**.

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

3



Cook the chicken

- When veggies have **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through (when it's no longer pink inside), **10-14 minutes** each side.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In the **last minute** of cook time, sprinkle with **Tex-Mex spice blend**, turning **chicken** to coat (the spice blend will char slightly in the pan, this adds to the flavour!).

2



Char the corn

- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, **4-5 minutes**. Transfer to a bowl and set aside.

TIP: Cover the pan with a lid if the corn kernels are 'popping' out.

4



Toss & serve

- Add **baby spinach leaves** and charred corn to the tray with roasted veggies. Drizzle with olive oil, then gently toss to coat. Season to taste.
- Slice chicken if preferred.
- Divide roast veggie toss between plates. Top with Tex-Mex chicken.
- Serve with a dollop of **garlic sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

