

Spiced Chicken & Capsicum-Kale Toss

with Charred Corn & Smokey Aioli

Grab your meal kit with this number

46



Brown Onion



Capsicum



Pumpkin



Kale



Chicken Breast



All-American Spice Blend



Sweetcorn



Smokey Aioli




Beef Rump



Salmon

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

If this explosion of colour doesn't get you excited for dinner, we don't know what will! Smokey chicken breast sits on a bed of couscous and roasted veggies, the perfect way to soak up every delicious morsel of flavour.

Pantry items

Olive Oil

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
brown onion	1	2
capsicum	1	2
pumpkin	1 medium	1 large
kale	½ packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
sweetcorn	1 medium tin	1 large tin
smokey aioli	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2052kJ (490Cal)	303kJ (72Cal)
Protein (g)	45.2g	6.7g
Fat, total (g)	16.3g	2.4g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	40.1g	5.9g
- sugars (g)	31.2g	4.6g
Sodium (mg)	733mg	108mg
Dietary Fibre (g)	15.8g	2.3g

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

2025 | CW13



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **brown onion** into thick wedges. Thinly slice **capsicum** into strips. Cut **pumpkin** into small chunks.
- Place **pumpkin, onion** and **capsicum** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, roughly tear **kale** leaves (**see ingredients**), then discard stem.
- When veggies have **8 minutes** cook time remaining, remove tray from oven. Add **kale** and a pinch of **salt**, gently tossing to combine. Roast until tender.

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



Prep the sauce

- While the corn is charring, combine **smokey aioli** and a dash of water in a small bowl.



Prep the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin **steaks**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a large bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to combine. Season.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Remove from heat.

TIP: Chicken is cooked through when it's no longer pink inside.



Char the corn

- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a second large bowl.

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



Finish & serve

- Meanwhile, add roasted veggies to the bowl with charred corn. Gently toss to combine. Season to taste.
- Slice the spiced chicken.
- Divide roast veggie toss between plates. Top with chicken, spooning over any resting juices.
- Serve with a dollop of smokey aioli. Enjoy!

CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook with a drizzle of olive oil, turning, 3-4 minutes for medium-rare. Rest and slice to serve.



SWAP TO SALMON

Cook over high heat with a drizzle of olive oil, skin-side down first, until cooked through, 2-4 minutes each side.

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

