



# Smokey Chicken & Roasted Veggies

with Chipotle Yoghurt

Grab your Meal Kit with this symbol



Butternut Pumpkin



Red Onion



Carrot



Capsicum



Chicken Breast



All-American Spice Blend



Sweetcorn



Baby Spinach Leaves



Mild Chipotle Sauce



Greek Yoghurt

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

You can be sure dinnertime is nutritious and well-balanced with this meal. Enjoy a rainbow of veggies with a healthy serve of quality protein. The smokey spice blend on the chicken and the chipotle yoghurt ensures the flavour factor keeps on coming!

### Pantry items

Olive Oil



## 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
butternut pumpkin	1	1
red onion	1	2
carrot	1	2
capsicum	1	2
chicken breast	1 small packet	1 large packet
All-American spice blend	1 sachet	2 sachets
sweetcorn	1 tin (125g)	1 tin (300g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
mild chipotle sauce	½ packet (20g)	1 packet (40g)
Greek yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2340kJ (560Cal)	281kJ (67Cal)
Protein (g)	51.7g	6.2g
Fat, total (g)	15.7g	1.9g
- saturated (g)	5.6g	0.7g
Carbohydrate (g)	46.6g	5.6g
- sugars (g)	35.6g	4.3g
Sodium (g)	842mg	101mg

### Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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 the oven to **220°C/200°C fan-forced**. Cut the **butternut pumpkin** in half to remove the seeds, then cut into 2cm chunks. Slice the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm chunks. Thinly slice the **capsicum**. Place the **pumpkin, onion, carrot** and **capsicum** across two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat. Spread in a single layer and roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Make the chipotle yoghurt

Combine the **mild chipotle sauce** (see ingredients list) and **Greek yoghurt** in a small bowl.



## 2. Prep the chicken

While the veggies are roasting, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **chicken, All-American spice blend**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**.



## 5. Cook the chicken

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Set aside to rest. To the bowl with the **corn**, add the **baby spinach leaves** and **roasted veggies** and gently toss to combine. Season with **salt** and **pepper**.

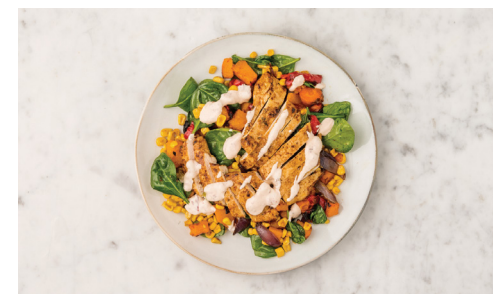
**TIP:** The chicken is cooked when it's no longer pink inside.



## 3. Char the corn

Drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a second large bowl.

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



## 6. Serve up

Thickly slice the chicken. Divide the roasted veggie mixture between plates and top with the chicken, spooning over any resting juices from the pan. Drizzle with the chipotle yoghurt.

## Enjoy!