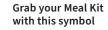
Aussie Seed-Crusted Chicken

with Veggie Toss & Herby Mayo

















Roasted Seed



Chicken Breast



Aussie Spice



Blend



Spinach & Rocket Mix



Dill & Parsley Mayonnaise

Pantry items

Olive Oil, White Wine Vinegar

Hands-on: 25-35 mins Ready in: 35-45 mins

Eat Me Early



You've never had chicken quite like this before! We've combined our popular Aussie spice blend with a herby crumb mix and roasted seeds to create a next-level crust packed with flavour. Enjoy this low-carb deliciousness!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

3		
2 People	4 People	
refer to method	refer to method	
1	2	
1	2	
1	2	
1	2	
1 medium packet	1 large packet	
1 small packet	1 large packet	
1 sachet	2 sachets	
½ medium packet	1 medium packet	
1 bag (60g)	1 bag (120g)	
drizzle	drizzle	
1 packet (50g)	1 packet (100g)	
	refer to method 1 1 1 1 1 medium packet 1 small packet 1 sachet ½ medium packet 1 bag (60g) drizzle 1 packet	

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2232kJ (533Cal)	366kJ (87Cal)
45g	7.4g
25.3g	4.1g
3.1g	0.5g
29.8g	4.9g
20.4g	4.9g
731mg	120mg
8.4g	1.4g
	2232kJ (533Cal) 45g 25.3g 3.1g 29.8g 20.4g 731mg

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.



Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the beetroot and red onion into wedges. Thinly slice the capsicum. Cut the zucchini into rounds. Place the veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until tender, 20-25 minutes. Set aside to cool.



Prep the chicken

While the veggies are roasting, crush the **roasted seed mix** in its sachet using a rolling pin or with a pestle and mortar until they resemble fine crumbs. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



Flavour the chicken

In a large bowl, combine the **chicken**, **Aussie spice blend** and a good drizzle of **olive oil**. Season and toss to coat. Add the **crushed seed mix** and **herb crumbing mix** (see ingredients). Toss and press to coat the **chicken**.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. Cook the **chicken** in batches until golden and cooked through, **3-5 minutes** each side.

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



Toss the veggies

In a large bowl, combine the **roasted veggies**, the **spinach & rocket mix** and a drizzle of **white wine vinegar**. Gently toss to combine.



Serve up

Divide the Aussie-seed crusted chicken and veggie toss between plates. Serve with the **dill & parsley mayonnaise**.

Enjoy!