



Aussie Seed-Crusted Chicken

with Veggie Toss & Herby Mayo

Grab your Meal Kit with this symbol



Beetroot



Red Onion



Capsicum



Zucchini



Roasted Seed Mix



Chicken Breast



Aussie Spice Blend



Herb Crumbing Mix



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



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



Carb Smart



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!

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, White Wine Vinegar

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

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
red onion	1	2
capsicum	1	2
zucchini	1	2
roasted seed mix	1 medium packet	1 large packet
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
herb crumbing mix	½ medium packet	1 medium packet
spinach & rocket mix	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2232kJ (533Cal)	366kJ (87Cal)
Protein (g)	45g	7.4g
Fat, total (g)	25.3g	4.1g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	29.8g	4.9g
- sugars (g)	20.4g	4.9g
Sodium (mg)	731mg	120mg
Dietary Fibre (g)	8.4g	1.4g

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.



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.



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.



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.



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**.



Serve up

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

Enjoy!