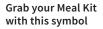


# Aussie-Spiced Chicken & Garlic Sauce with Roast Potatoes & Tomato-Fetta Salad















Garlic



Chicken Breast



**Aussie Spice** 



Cherry/Snacking

Tomatoes

Fetta Cubes

Blend



Spinach & Rocket





Garlic Sauce

**Pantry items** 

Olive Oil, Brown Sugar, Balsamic Vinegar

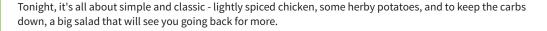


Hands-on: 25-35 mins Ready in: 35-45 mins



Carb Smart

Eat Me Early



#### 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
garlic & herb seasoning	1 medium sachet	1 large sachet	
garlic	1 clove	2 cloves	
chicken breast	1 small packet	1 large packet	
Aussie spice blend	1 medium sachet	1 large sachet	
brown sugar*	1 tsp	2 tsp	
salt*	1/4 tsp	½ tsp	
cherry/snacking tomatoes	1 punnet	2 punnets	
balsamic vinegar*	drizzle	drizzle	
spinach & rocket mix	1 medium bag	1 large bag	
fetta cubes	1 small packet	1 medium packet	
garlic sauce	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	1928kJ (461Cal)	357kJ (85Cal)	
Protein (g)	46.2g	8.6g	
Fat, total (g)	12.5g	2.3g	
- saturated (g)	3.2g	0.6g	
Carbohydrate (g)	38.2g	7.1g	
- sugars (g)	7.5g	1.4g	
Sodium (mg)	1500mg	278mg	
Dietary Fibre (g)	9.10	1.7σ	

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 potato

Preheat oven to 220°C/200°C fan-forced. Cut potato into bite-sized chunks. Place on a lined oven tray. Drizzle with olive oil, sprinkle over the garlic & herb seasoning and season with pepper. Toss to coat, then spread out in a single layer. Roast until tender, 25-30 minutes.

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



#### Flavour the chicken

Meanwhile, finely chop **garlic**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **garlic**, **Aussie spice blend**, the **brown sugar**, the **salt** and a drizzle of **olive oil**. Season with **pepper**. Add the **chicken**, turning to coat.



## Prep the tomatoes

Halve the **cherry tomatoes**, then set aside.



#### Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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.



## Prep the salad

While **chicken** is cooking, combine **spinach & rocket mix** and **cherry tomatoes** in a large bowl. Crumble in the **fetta cubes**. Add a drizzle of **olive oil** and **balsamic vinegar**. Toss to coat. Season to taste.



### Serve up

Slice the Aussie-spiced chicken. Divide chicken, roast potatoes and tomato-fetta salad between plates. Drizzle **garlic sauce** over chicken to serve.

Enjoy!

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