



Aussie-Spiced Chicken & Garlic Sauce

with Roast Potatoes & Tomato-Fetta Salad

Grab your Meal Kit
with this symbol



Potato



Garlic & Herb
Seasoning



Garlic



Chicken Breast



Aussie Spice
Blend



Cherry/Snacking
Tomatoes



Spinach & Rocket
Mix



Fetta Cubes



Garlic Sauce



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



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

Tonight, it's all about simple and classic - lightly spiced chicken, some herby potatoes, and to keep the carbs down, a big salad that will see you going back for more.

Pantry items

Olive Oil, Brown Sugar, Balsamic
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
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*	¼ 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

*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)	9.1g	1.7g

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.

1



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.

2



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.

3



Prep the tomatoes

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

4



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.

5



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.

6



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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