



Creole Chicken & Pumpkin Salad

with Creamy Fetta & Toasted Pepitas

Grab your Meal Kit
with this symbol



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|---|---|
| 
Butternut Pumpkin | 
Capsicum |
| 
Garlic | 
Chicken Tenderloin |
| 
Creole Spice Blend | 
Cherry Tomatoes |
| 
Lemon | 
Dijon Mustard |
| 
Pepitas | 
Mixed Salad Leaves |
| 
Fetta | |



Hands-on: **10-20** mins
Ready in: **20-30** mins



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Calorie Smart

Say hello to our friend with flavour: our Creole spice blend! We've created a secret mix of herbs and spices including paprika, oregano and lemon pepper. It's the perfect match for tender pan-fried chicken, and when you add roasted veggies you get a nutritionally balanced bowl that's simply delicious.

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

Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
capsicum	1	2
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
chicken tenderloin	1 small packet	1 large packet
Creole spice blend	1 sachet	2 sachets
cherry tomatoes	1 punnet	2 punnets
lemon	½	1
Dijon mustard	1 tub	2 tubs
pepitas	1 packet	1 packet
mixed salad leaves	1 bag (60g)	1 bag (120g)
fetta	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2052kJ (490Cal)	272kJ (65Cal)
Protein (g)	52.3g	6.9g
Fat, total (g)	16.1g	2.1g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	26.9g	3.6g
- sugars (g)	20.8g	2.8g
Sodium (mg)	861mg	114mg

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**. Peel and chop the **butternut pumpkin** into 2cm chunks. Cut the **capsicum** into 2cm pieces. Place the **pumpkin** and **capsicum** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with the **salt**. Toss to coat then spread in a single layer and roast until tender, **20-25 minutes**.

TIP: If your tray is getting crowded, spread across two trays!



2. Flavour the chicken

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Cut the **chicken tenderloin** into 2cm chunks. In a medium bowl, combine the **garlic**, **Creole spice blend** and a **drizzle** of **olive oil**. Add the **chicken** and toss to coat.



3. Get prepped

Halve the **cherry tomatoes**. In a large bowl, combine a **good squeeze** of **lemon juice**, **Dijon mustard** and a **good drizzle** of **olive oil**. Season to taste and set aside.

TIP: Add as much lemon juice as you like depending on your taste.



4. Toast the pepitas

Heat a medium frying pan over a medium-high heat. Add the **pepitas** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



5. Bring it all together

When the veggies have **10 minutes** remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**. Add the **roasted pumpkin** and **capsicum**, **cherry tomatoes** and **mixed salad leaves** to the dressing and toss to combine.



6. Serve up

Divide the salad between bowls and top with some of the Creole chicken. Crumble over the **fetta** and garnish with the toasted pepitas.

Enjoy!