



Easy Aussie Spiced Chicken

with Pumpkin Veggie Toss & Herby Mayo

Grab your Meal Kit
with this symbol



Tomato



Red Onion



Peeled & Chopped
Pumpkin



Chicken Tenderloins



Aussie Spice
Blend



Dill & Parsley
Mayonnaise



Baby Spinach
Leaves



Pepitas



Hands-on: **10-20 mins**
Ready in: **30-40 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

This colourful meal is done in only four easy steps and uses our delectable Aussie spice blend to coat succulent chicken tenderloins. Enjoy the taste sensation!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
red onion	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
chicken tenderloins	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
dill & parsley mayonnaise	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
pepitas	1 packet	2 packets

*Pantry Items

Nutrition

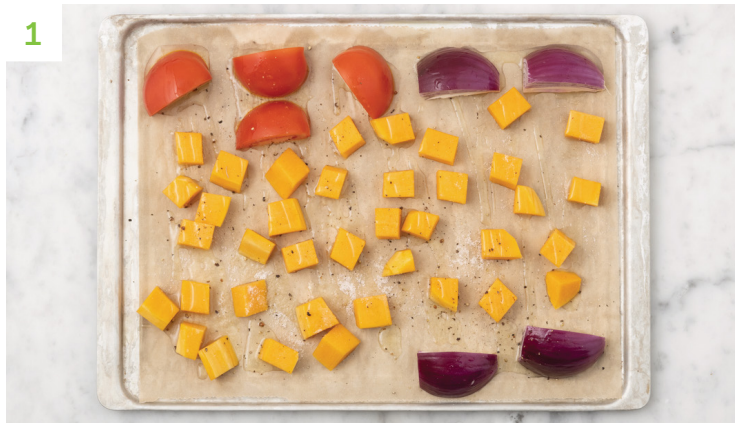
	Per Serving	Per 100g
Energy (kJ)	2850kJ (681Cal)	475kJ (113Cal)
Protein (g)	48.9g	8.1g
Fat, total (g)	43.2g	7.2g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	25g	4.2g
- sugars (g)	19g	3.2g
Sodium (mg)	687mg	114mg

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 veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **tomato** and **red onion** into wedges. Place the **tomato**, **onion** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season. Toss to coat, then spread in a single layer and roast until tender, **20-25 minutes**.

3



Finish the sides

In a small bowl, combine the **dill & parsley mayonnaise** and a splash of **water**. Set aside. When the veggies are tender, add the **baby spinach leaves** to the oven tray and toss to combine.

2

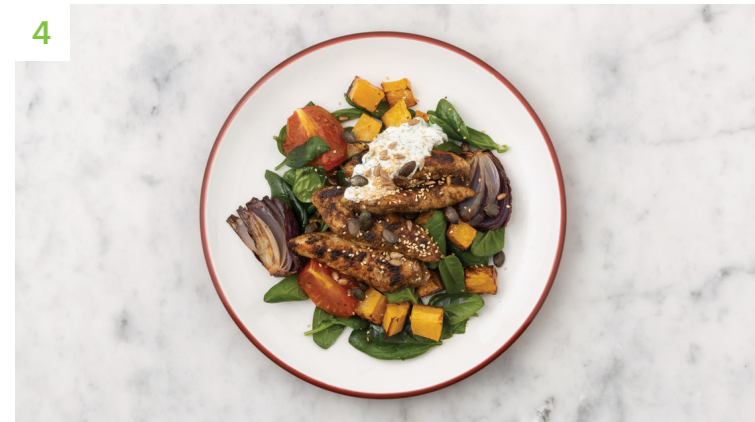


Cook the chicken

While the veggies are roasting, heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **chicken tenderloins** and **Aussie spice blend**, tossing occasionally, until browned and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

TIP: Don't worry if your chicken gets a little charred during cooking. It adds to the flavour!

4



Serve up

Divide the pumpkin veggie toss between plates and top with the Aussie spiced chicken. Top with the herby mayo and sprinkle over the **pepitas** to serve.

Enjoy!