

# Mediterranean Chicken & Roast Veggie Toss

with Silverbeet, Chargrilled Capsicum & Almonds

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Silverbeet



Garlic



Italian Herbs



Chilli Flakes (Optional)



Flaked Almonds



Chicken Breast



Chargrilled Capsicums



Green Dressing



Greek-Style Yoghurt



### Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**  
Ready in: **30-40 mins**



Naturally Gluten-Free  
*Not suitable for coeliacs*



Eat Me Early



Calorie Smart

Dietitian Approved

Brimming with all the best flavours and textures, this is the kind of dish that will have you excited to eat your veggies. Toss the subtly sweet roast veg with garlicky sautéed silverbeet and piquant chargrilled capsicums, top with Italian-herbed chicken breast, and bring it all together with a drizzle of zesty green dressing and a dollop of creamy yoghurt.

### 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
carrot	1	2
silverbeet	1 meadium bag	1 large bag
garlic	1 clove	2 cloves
chicken breast	1 small packet	1 large packet
Italian herbs	1 medium sachet	1 large sachet
chilli flakes (optional) 🌶️	pinch	pinch
chargrilled capsicums	1 packet	2 packets
green dressing	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1974kJ (472Cal)	327kJ (78Cal)
Protein (g)	45.2g	7.5g
Fat, total (g)	13.1g	2.2g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	42.6g	7.1g
- sugars (g)	17.4g	2.9g
Sodium (mg)	594mg	98mg

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](https://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 oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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



## Get prepped

- Meanwhile, roughly chop **silverbeet**. Finely chop **garlic**. Set aside.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Italian herbs**, 1/2 the **garlic**, a pinch of **chilli flakes** (if using), a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **chicken**, turning to coat.



## Cook the silverbeet

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **silverbeet** and remaining **garlic** until fragrant, **2-3 minutes**.
- Transfer to a large bowl, then set aside.

**TIP:** Add a splash of water to the pan to help speed up the cooking process!



## Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** Chicken is cooked through when it is no longer pink inside.



## Bring it all together

- To the bowl with the **silverbeet**, add roast **veggies** and **chargrilled capsicums**.
- Toss to combine. Season to taste.



## Serve up

- Slice Mediterranean chicken.
- Divide roast veggie toss between bowls. Top with chicken.
- Drizzle **green dressing** over chicken.
- Sprinkle with **flaked almonds**. Top with a dollop of **Greek-style yoghurt** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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## Rate your recipe

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