

Smokey Chicken & Roast Veggie Toss

with Charred Corn & Chipotle Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Carrot



Sweetcorn



Tex-Mex Spice Blend



Mild Chipotle Sauce



Baby Spinach Leaves



Chicken Breast



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: 20-30 mins
Ready in: 40-50 mins



Eat Me Early

Dietitian Approved



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

With some mild spices and chipotle sauce, this chicken dish is transformed into a fiesta of flavours. Bonus: it's designed to keep you super satisfied but light on your toes!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
Tex-Mex spice blend	1 medium sachet	1 large sachet
chicken breast	1 small packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1999kJ (478Cal)	327kJ (78Cal)
Protein (g)	42.9g	7g
Fat, total (g)	16.5g	2.7g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	36.2g	5.9g
- sugars (g)	22.7g	3.7g
Sodium (mg)	996mg	163mg
Dietary Fibre (g)	11.2g	1.8g

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.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato, capsicum** and **carrot** into bite-sized chunks.
- Drain **sweetcorn**.



Roast the veggies

- Place **sweet potato, capsicum** and **carrot** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

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



Char the corn

- Meanwhile, heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Cook the chicken

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine **Tex-Mex spice blend** and a drizzle of **olive oil**. Add **chicken breast**, tossing to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **chicken** until browned, **2 minutes** each side.
- Transfer to a second lined oven tray, then bake until cooked through, **8-12 minutes** (depending on thickness).

TIP: Chicken is cooked through when it is no longer pink in the middle.



Bring it all together

- **SPICY!** Chipotle is a mild sauce, but use less if you're sensitive to heat! Meanwhile, combine **Greek-style yoghurt** and **mild chipotle sauce** in a small bowl. Set aside.
- When the roast veggies are ready, add **baby spinach leaves** to the baking tray. Toss to combine.



Serve up

- Slice smokey chicken.
- Divide roast veggie toss between plates. Sprinkle with charred corn. Top with chicken.
- Dollop over chipotle yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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