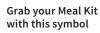


Smokey Chicken & Roast Veggie Toss with Charred Corn & Chipotle Yoghurt







Pantry items Olive Oil

Prep in: 20-30 mins Ready in: 40-50 mins Naturally Gluten-Free Not suitable for coeliacs

Eat Me Early **Dietitian Approved**

Carb Smart

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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!

T4

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
* Danta Itama		

* Pantry Items Nutrition

NULTILION	
Avg Qty	

AvgQtg	Fel Sel Villy	Fei 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

Per Serving Per 100g

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!

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