Nan's Chicken & Roast Veggie Toss

Grab your Meal Kit with this symbol



with Fetta & Balsamic Glaze





Sweet Potato





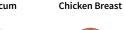








Capsicum





Nan's Special Seasoning





Baby Spinach Leaves



Balsamic Glaze



Fetta

Pantry items Olive Oil



Not suitable for Coeliacs



Who said healthy was boring? This nutritionally balanced dish combines succulent chicken steaks with our popular Nan's special seasoning for incredible flavour, while roasted veggies are topped with creamy fetta and a tangy glaze to tie it all together.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
beetroot	1	2
red onion	1	2
capsicum	1	2
chicken breast	1 small packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	drizzle	drizzle
fetta	1 block (25g)	1 block (50g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2646kJ (632Cal)	321kJ (76Cal)
Protein (g)	45.9g	5.6g
Fat, total (g)	20.2g	2.5g
- saturated (g)	5.5g	0.7g
Carbohydrate (g)	58.5g	7.1g
- sugars (g)	40.1g	4.9g
Sodium (mg)	664mg	81mg

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. Cut the sweet potato (unpeeled) into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm rounds. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the red onion into 3cm wedges. Cut the capsicum into 1cm slices. Spread the **veggies** across two oven trays lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat, then spread out in a single layer and roast until tender, 25-30 minutes.

TIP: Cut the veggies to the correct size so they cook in the allocated time.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



4. Cook the chicken

When the veggies have 10 minutes cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until cooked through, 3-5 minutes each side (depending on thickness).

TIP: The chicken is cooked through when it's no longer pink inside.



2. Prep the chicken

While the veggies are roasting, place your hand flat on top of each chicken breast and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine Nan's special seasoning, a drizzle of olive oil and a pinch of **pepper**. Add the **chicken** steaks and toss to coat. Set aside.



3. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the flaked almonds and toast, stirring, until fragrant, 2-3 minutes. Transfer to a plate and set aside.



5. Bring it all together

In a large bowl, combine the roasted veggies and baby spinach leaves. Season to taste.



6. Serve up

Thickly slice the Nan's chicken. Divide the roast veggie toss and chicken between plates and lightly drizzle with the balsamic glaze. Sprinkle with the toasted flaked almonds and fetta to serve.

Enjoy!