



Nan's Chicken & Roast Veggie Toss

with Fetta & Balsamic Glaze

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Red Onion



Capsicum



Chicken Breast



Nan's Special Seasoning



Flaked Almonds



Baby Spinach Leaves



Balsamic Glaze



Fetta

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Eat me early

Naturally gluten-free
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.

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	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](https://www.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!