



# Nan's Chicken & Roast Veggie Toss

with Creamy Pesto & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Beetroot



Nan's Special Seasoning



Baby Spinach Leaves



Flaked Almonds



Chicken Thigh



Creamy Pesto Dressing



Chicken Breast

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

Calorie Smart

Eat Me Early

A perfect blend of paprika, pepper, onion and garlic, Nan's seasoning adds a rich, traditional flavour to juicy chicken thigh. Serve over vibrant veggies and drizzle with creamy pesto for a dinner that won't disappoint.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Balsamic Vinegar

## 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 trays 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               |
| capsicum                 | 1               | 2               |
| beetroot                 | 1               | 2               |
| chicken thigh            | 1 small packet  | 1 large packet  |
| Nan's special seasoning  | 1 medium sachet | 1 large sachet  |
| baby spinach leaves      | 1 small bag     | 1 medium bag    |
| <b>balsamic vinegar*</b> | drizzle         | drizzle         |
| creamy pesto dressing    | 1 packet (50g)  | 1 packet (100g) |
| flaked almonds           | 1 medium packet | 1 large packet  |
| chicken breast**         | 1 small packet  | 1 large packet  |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2654kJ (634Cal) | 427kJ (102Cal) |
| Protein (g)      | 39.5g           | 6.4g           |
| Fat, total (g)   | 32.5g           | 5.2g           |
| - saturated (g)  | 5g              | 0.8g           |
| Carbohydrate (g) | 42.6g           | 6.8g           |
| - sugars (g)     | 23.6g           | 3.8g           |
| Sodium (mg)      | 682mg           | 110mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2583kJ (617Cal) | 415kJ (99Cal) |
| Protein (g)      | 42.4g           | 6.8g          |
| Fat, total (g)   | 29.3g           | 4.7g          |
| - saturated (g)  | 4g              | 0.6g          |
| Carbohydrate (g) | 42.6g           | 6.8g          |
| - sugars (g)     | 23.6g           | 3.8g          |
| Sodium (mg)      | 670mg           | 108mg         |

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** and **capsicum** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.

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

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork!



## Toss the veggies

- To tray with the **roast veggies**, add **baby spinach leaves** and a small drizzle of **balsamic vinegar**. Gently toss to combine. Season to taste.



## Cook the chicken

- Meanwhile, heat a large frying pan over medium heat with a drizzle of **olive oil**. Cook **chicken thigh**, turning occasionally, until browned and cooked through, **10-14 minutes**.
- In the last minute of cook time, add **Nan's special seasoning**, turning chicken to coat.

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

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of the chicken and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over a high heat. Cook the chicken steaks until cooked through, 3-5 minutes each side (depending on thickness), adding seasoning as above.



## Serve up

- Slice chicken.
- Divide roast veggie toss between plates. Top with chicken.
- Drizzle with **creamy pesto dressing**. Sprinkle with **flaked almonds** to serve. Enjoy!

## Rate your recipe

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