

Aussie Spiced Chicken

with Garlic-Herb Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Garlic



Chicken Breast



Aussie Spice Blend



Cherry Tomatoes



Spinach & Rocket Mix



Fetta Cubes



Garlic Sauce



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



Naturally gluten-free
Not suitable for Coeliacs



Calorie Smart



Eat me early

Tonight, it's all about simple and classic - lightly spiced chicken teamed with some herby potatoes and a refreshing salad. It's a nutritionally balanced dish everyone will love.

Pantry items

Olive Oil, Brown Sugar, 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 tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
garlic	1 clove	2 cloves
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
cherry tomatoes	1 punnet	2 punnets
spinach & rocket mix	1 bag (60g)	1 bag (120g)
fetta cubes	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	46.7g	364kJ (86Cal)
Protein (g)		8.7g
Fat, total (g)	13g	2.4g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	38.2g	7.1g
- sugars (g)	9.9g	1.8g
Sodium (mg)	1493mg	277mg

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.

1



Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Chop the **potato** into bite-sized chunks. Place on a lined oven tray, add the **garlic & herb seasoning** and a drizzle of **olive oil**. Season with **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

2



Flavour the chicken

While the potato is roasting, finely chop the **garlic**. 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 the **garlic**, **Aussie spice blend**, **brown sugar** and the **salt**. Add a drizzle of **olive oil**, a pinch of **pepper** and the **chicken**. Toss to coat.

3



Prep the tomatoes

Slice the **cherry tomatoes** in half.

4



Cook the chicken

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Remove from the heat.

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

5



Make the salad

In a large bowl, combine the **spinach & rocket mix** and **cherry tomatoes**. Crumble in the **fetta cubes**. Add a drizzle of **balsamic vinegar** and **olive oil** and toss to coat.

6



Serve up

Slice the Aussie spiced chicken. Divide the roast potatoes, chicken and salad between plates. Drizzle over the **garlic sauce** to serve.

Enjoy!