



# Easy Garlic Chicken

with Roast Veggie Toss & Truffle Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Zucchini



Carrot



Garlic & Herb Seasoning



Chicken Thigh



Nan's Special Seasoning



Baby Spinach Leaves



Italian Truffle Mayonnaise



Chicken Breast

Prep in: 15-20 mins  
Ready in: 25-30 mins

Carb Smart

Eat Me Early

In four simple steps, whip up an easy garlic chicken dish that is an all-time classic. To keep the carbs in check, we've added a bountiful roast veggie toss that nips that carb craving in the bud. We've also added our favourite truffle mayo to take this one up a notch.

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

### Pantry items

Olive Oil, Vinegar (White Wine Or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
zucchini	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
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>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
Italian truffle mayonnaise	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1917kJ (458Cal)	424kJ (101Cal)
Protein (g)	36g	8g
Fat, total (g)	23.7g	5.2g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	24.1g	5.3g
- sugars (g)	10.1g	2.2g
Sodium (mg)	1048mg	232mg
Dietary Fibre (g)	9.6g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1847kJ (441Cal)	409kJ (98Cal)
Protein (g)	38.9g	8.6g
Fat, total (g)	20.4g	4.5g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	24.1g	5.3g
- sugars (g)	10.1g	2.2g
Sodium (mg)	1035mg	229mg
Dietary Fibre	9.8g	2.2g

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



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, zucchini** and **carrot** into bite-sized chunks.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Season, then add **chicken thigh**, turning to coat.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine chicken with garlic & herb seasoning as above.



## Cook the chicken & veggies

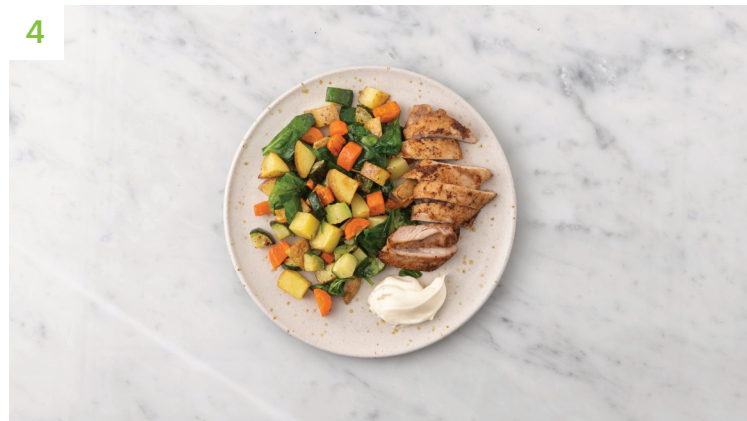
- While the veggies are roasting, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Add **chicken** and cook until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through (when no longer pink inside), **12-14 minutes**.

**Custom Recipe:** Heat frying pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate.



## Roast veggies

- Place **veggies** on a lined oven tray. Sprinkle over **Nan's special seasoning**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to cool.
- When roast veggies have cooled a little, add **baby spinach leaves** and a drizzle of **vinegar** to oven tray and gently toss to combine.



## Serve up

- Slice chicken.
- Divide roast veggie toss and garlicky chicken between plates.
- Serve with **Italian truffle mayonnaise**. Enjoy!

## Rate your recipe

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