



# Herby-Crusted Chicken

with Seeded Roast Veggie Toss & Wholegrain Mustard

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Beetroot



Brown Onion



Carrot



Green Beans



Kale



Roasted Seed Mix



Aussie Spice Blend



Herb Crumbing Mix



Chicken Breast



Wholegrain Mustard



Haloumi

Prep in: 25-35 mins  
Ready in: 35-45 mins



Carb Smart\*  
*\*Custom recipe is not Carb Smart*



Eat Me Early

Jazz up juicy chicken breast by coating it in our tried and true Aussie spice blend, along with a lovely mix of roasted seeds. Sear it in the pan for a golden, flavour-packed crust and dig into a meal that has less carbs than you'd think.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

## 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
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
brown onion	½	1
carrot	1	2
green beans	1 small bag	1 medium bag
kale	1 medium bag	1 large bag
roasted seed mix	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
chicken breast	1 small packet	1 large packet
herb crumbing mix	½ medium packet	1 medium packet
<b>vinegar*</b> <i>(white wine or rice wine)</i>	drizzle	drizzle
wholegrain mustard	1 packet	2 packets
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1824kJ (436Cal)	340kJ (81Cal)
Protein (g)	45.4g	8.5g
Fat, total (g)	13.5g	2.5g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	31.5g	5.9g
- sugars (g)	20.7g	3.9g
Sodium (mg)	998mg	186mg
Dietary Fibre (g)	14.2g	2.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2976kJ (711Cal)	475kJ (114Cal)
Protein (g)	62.5g	10g
Fat, total (g)	36.3g	5.8g
- saturated (g)	17.3g	2.8g
Carbohydrate (g)	32.7g	5.2g
- sugars (g)	21.7g	3.5g
Sodium (mg)	2033mg	325mg

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



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **beetroot** into thin wedges. Cut **brown onion** (see ingredients) into thick wedges. Cut **carrot** into bite-sized chunks. Trim **green beans**.
- Place **beetroot**, **brown onion** and **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until almost tender, **10-15 minutes**.
- Meanwhile, roughly tear **kale leaves**, then discard stems. Remove tray from oven. Add **green beans** and **kale** to any free space. Drizzle with **olive oil**, then season. Bake until tender, a further **5-8 minutes**.

**Custom Recipe:** If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.



## Finish the chicken

- Transfer **chicken** to a second lined oven tray. Bake until cooked through, 6-10 minutes.

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



## Flavour the chicken

- While the veggies are roasting, in a large bowl, combine **Aussie spice blend** and a good drizzle of **olive oil**. Season, then add **chicken thigh**, turning to coat.
- Add **herb crumbing mix** (see ingredients). Turn **chicken** again, pressing into the mixture to coat.



## Toss the veggies

- To the tray with roasted veggies, add **roasted seed mix** and a drizzle of **vinegar**.
- Gently toss to combine.



## Start the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, 2 minutes each side (cook in batches if your pan is getting crowded).

**Custom Recipe:** Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



## Serve up

- Slice herby-crusted chicken.
- Divide chicken and roast veggie toss between plates.
- Serve with **wholegrain mustard**. Enjoy!

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