

Spiced Chicken & Roast Veggie Salad

with Pepitas & Garlic Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Beetroot



Carrot



Butternut Pumpkin



Chicken Breast



Aussie Spice Blend



Pepitas



Garlic



Greek Yoghurt



Green Beans



Baby Spinach Leaves

Hands-on: 25-35 mins
Ready in: 40-50 mins

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Calorie Smart

Eating the rainbow has never looked so good! Simply roast a medley of colourful veggies, cook tender pieces of spiced chicken, then top it all off with creamy garlicky yoghurt. It's a nutritionally balanced meal that will leave you feeling healthy and satisfied.

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 tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
beetroot	1	2
carrot	1	2
butternut pumpkin	1 (medium)	1 (large)
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
pepitas	1 packet	2 packets
garlic	2 cloves	4 cloves
Greek yoghurt	1 packet (100g)	1 packet (200g)
green beans	1 bag (100g)	1 bag (200g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar*	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2706kJ (646Cal)	305kJ (72Cal)
Protein (g)	50.6g	5.7g
Fat, total (g)	24.5g	2.8g
- saturated (g)	6.3g	0.7g
Carbohydrate (g)	48g	5.4g
- sugars (g)	40.5g	4.6g
Sodium (mg)	694mg	78mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **red onion** into 2cm chunks. Cut the **beetroot** and **carrot** (unpeeled) into 1cm chunks. Peel and slice the **butternut pumpkin** into 1cm wedges. Place the **onion, beetroot, carrot** and **pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

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

TIP: If the veggies don't fit in a single layer, divide between two trays!



Flavour 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 the **Aussie spice blend** and good drizzle of **olive oil**, then season with **pepper**. Add the **chicken steaks** and toss to coat. Set aside.



Make the garlic yoghurt

Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast until golden, **3-4 minutes**. Set aside. Finely chop the **garlic**. Return the frying pan to a medium-high heat. Add a drizzle of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** to the **garlic oil mixture** and stir to combine. Season to taste.



Cook the chicken

Trim and halve the **green beans**. Return the frying pan with a drizzle of **olive oil** over a medium-high heat. Add the **green beans**, tossing, and cook until tender, **4-5 minutes**. Transfer to a large bowl. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

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



Make the salad

Add the **baby spinach leaves, balsamic vinegar**, and the **roasted veggies** to the bowl with the **green beans**. Season with **salt** and **pepper** and gently combine.



Serve up

Slice the spiced chicken. Divide the veggies between plates and top with the chicken. Drizzle with the garlic yoghurt and sprinkle over the pepitas.

Enjoy!