



# Spiced Chicken with Roast Pumpkin Salad

**FRESH & FAST** Box to plate: 15 mins Eat me early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2370kJ/565Cal | Protein 47.1g | Fat, total 28.9g - saturated 3.9g | Carbohydrate 24.4g - sugars 14.4g | Sodium 1110mg  
**Naturally gluten-free** (Not suitable for coeliacs)

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2020 | WK17 | **W**

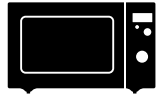
# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

## You'll need (along with the basics)



Large Frying Pan

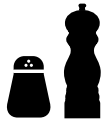


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Tenderloin	1 pkt	1 pkt
Seasonal Veggie Mix	1 bag (150g)	2 bags (300g)
Roasted Pumpkin	1 pkt (300g)	2 pkts (600g)
Creamy Pesto Dressing	1 pkt (50g)	1 pkt (100g)

## Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

## 1. Sizzle



Aussie Spice Blend



Chicken Tenderloin



Seasonal Veggie Mix

## 2. Zap



Roast Pumpkin



Tomato



Parsley



Baby Spinach Leaves

## 3. Serve



Creamy Pesto Dressing



Pepitas

- Heat **olive oil** in a frying pan over medium-high heat
- Toss **Aussie spice blend**, **chicken** and a **drizzle** of **olive oil** in a bowl
- Cook **chicken** and **veggies**, tossing occasionally, until cooked through, **6-8 mins**
- Use tongs to transfer **chicken** to a plate

- Meanwhile, pierce holes in **pumpkin** packet and zap in microwave until steaming, **3 mins**
- Chop **tomato** and **parsley**
- Grab a bowl. Add **tomato**, **parsley**, **cooked veggies** and **baby spinach**
- **Season** and toss

- Plate up **salad**, **pumpkin** and **chicken**
- Drizzle with **pesto dressing** and garnish with **pepitas**

