














# Tex-Mex Chicken



with Roast Veggie Toss & Garlic-Lemon Yoghurt

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Capsicum
-  Red Onion
-  Garlic
-  Lemon
-  Coriander
-  Chicken Breast
-  Tex-Mex Spice Blend
-  Greek Yoghurt
-  Tomato
-  Baby Spinach Leaves

 Hands-on: **35-45 mins**  
 Ready in: **45-55 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

 Eat me early  
 Calorie Smart

We're giving roasted veggies a flavour boost with tender chicken smothered with mild Tex-Mex spices. Add garlic-infused yoghurt, capsicum and baby spinach for a nutritionally balanced feast!

**Pantry items**  
 Olive Oil



## 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
olive oil*	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
red onion	1	2
garlic	2 cloves	4 cloves
lemon	½	1
coriander	1 bag	1 bag
chicken breast	1 small packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
Greek yoghurt	1 packet (100g)	1 packet (200g)
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2390kJ (571Cal)	333kJ (79Cal)
Protein (g)	44.4g	6.2g
Fat, total (g)	17.9g	2.5g
- saturated (g)	5.2g	0.7g
Carbohydrate (g)	50.8g	7.1g
- sugars (g)	28.6g	4g
Sodium (mg)	791mg	110mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Cut the **red onion** into 2cm wedges. Place the **sweet potato** on an oven tray lined with baking paper. Place the **capsicum** and **onion** on a second oven tray lined with baking paper. **Drizzle** both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook time.



## 4. Cook the chicken

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until cooked through, **3-5 minutes** (depending on thickness). Set aside to rest.

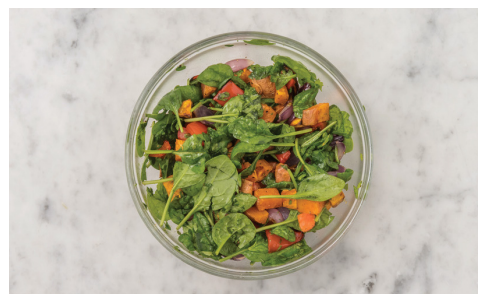
**TIP:** Don't worry if the chicken chars a bit, this adds to the Mexican flavour!

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



## 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Slice the **lemon** (see ingredients list) into wedges. Roughly chop the **coriander**. 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 **Tex-Mex spice blend**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **chicken** and toss to coat.



## 5. Bring it all together

Roughly chop the **tomato**. Combine the **roasted veggies**, **tomato**, **baby spinach leaves** and **remaining coriander** in a large bowl. **Drizzle** with **olive oil**, season to taste and toss to coat.



## 3. Make the garlic-lemon yoghurt

Heat a large frying pan over a high heat with a **drizzle** of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt**, **1/2** the **coriander** and a **squeeze** of **lemon juice** to the **garlic oil mixture** and stir to combine. Season taste.



## 6. Serve up

Thickly slice the Tex-Mex chicken. Divide the veggie toss between plates and top with the chicken. Spoon over the garlic-lemon yoghurt. Serve with any remaining lemon wedges.

**Enjoy!**