



Tex-Mex Chicken

with Roast Veggie Toss & Garlic-Lime Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Red Onion



Garlic



Lime



Coriander



Chicken Breast



Tex-Mex Spice Blend



Greek-Style 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
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
lime	½	1
coriander	1 bag	1 bag
chicken breast	1 small packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
Greek-style 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)	2297kJ (548Cal)	304kJ (72Cal)
Protein (g)	43.8g	5.8g
Fat, total (g)	17.1g	2.3g
- saturated (g)	4.9g	0.6g
Carbohydrate (g)	47.7g	6.3g
- sugars (g)	28.6g	3.8g
Sodium (mg)	784mg	104mg

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.



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 the **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: Cut the veggies to size they cook in time.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Slice the **lime** into wedges (see ingredients). 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** and a pinch of **salt** and **pepper**. Drizzle with **olive oil** and add the **chicken**. Toss to coat.



Make the garlic-lime yoghurt

Heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **30 seconds**. Transfer to a small bowl. Add the **Greek-style yoghurt**, 1/2 the **coriander** and a squeeze of **lime juice** and stir to combine. Season to taste.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** (depending on thickness). Transfer to a plate and set aside to rest.

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

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



Bring it all together

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



Serve up

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

Enjoy!