

Tex-Mex Chicken & Roast Veggie Toss

with Creamy Garlic Sauce

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Brown Onion



Sweetcorn



Tex-Mex Spice Blend



Baby Spinach Leaves



Chicken Tenderloins



Garlic Sauce

Prep in: 30-40 mins
Ready in: 40-50 mins



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

Dietitian Approved



Eat Me Early

We're giving roasted veggies a flavour boost, courtesy of chicken tenders smothered in mild Tex-Mex spices. Brought together with our crowd-pleasing garlic sauce, this is one winner dinner (that's carb conscious, too!).

Pantry items

Olive Oil, White Wine 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	2	4
brown onion	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
Tex-Mex spice blend	1 medium sachet	1 large sachet
chicken tenderloins	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1972kJ (471Cal)	313kJ (75Cal)
Protein (g)	44.2g	7g
Fat, total (g)	16.1g	2.6g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	38.3g	6.1g
- sugars (g)	23.3g	3.7g
Sodium (mg)	928mg	147mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into small chunks. Cut **brown onion** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side. Remove from heat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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



Get prepped

- Meanwhile, drain **sweetcorn**. Set aside.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine **Tex-Mex spice blend** and a drizzle of **olive oil**. Season, then add **chicken tenderloins**. Toss to coat.



Toss the veggies

- To the roast **veggie** tray, add **baby spinach leaves** and charred **corn**.
- Drizzle with **olive oil** and **white wine vinegar**, then gently toss to coat. Season to taste.



Char the corn

- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a second medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- Divide roast veggie toss between plates. Top with Tex-Mex chicken.
- Dollop over **garlic sauce** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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