



# Mexican-Spiced Chicken & Roast Veggie Toss

with Creamy Garlic Sauce

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Capsicum



Brown Onion



Sweetcorn



Tex-Mex Spice Blend



Baby Spinach Leaves



Chicken Tenderloins



Garlic Sauce



Plant-Based Crumbed Chicken

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



**Carb Smart\***  
*\*Custom Recipe is not Carb Smart*

Let's hear it for mid-week Mexican! Our Tex-Mex spice blend is all you need to flavour the juicy chicken breast, which works a treat with the veggies and a dollop of creamy garlic sauce. Did we mention this is light on the carbs?

Eat Me Early

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Rice Wine)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
carrot	1	2
capsicum	1	2
brown onion	1	2
<b>honey*</b>	1 tsp	2 tsp
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
garlic sauce	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
baby spinach leaves	1 small bag	1 medium bag
plant-based crumbed chicken**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2044kJ (489Cal)	316kJ (76Cal)
Protein (g)	44.9g	6.9g
Fat, total (g)	16.1g	2.5g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	39.3g	6.1g
- sugars (g)	26g	4g
Sodium (mg)	886mg	137mg
Dietary Fibre (g)	14.1g	2.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2648kJ (633Cal)	447kJ (107Cal)
Protein (g)	22.9g	3.9g
Fat, total (g)	33.2g	5.6g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	58.3g	9.8g
- sugars (g)	27.1g	4.6g
Sodium (mg)	1592mg	269mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into small chunks. Cut **capsicum** into bite-sized chunks. Cut **brown onion** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and the **honey**. Season with **salt** and **pepper**, then 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 (when no longer pink inside), **3-4 minutes** each side. Remove from heat.

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

**Custom Recipe:** Prepare pan as above. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



## 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. Set aside.

**Custom Recipe:** If you've swapped to plant-based crumbed chicken, combine plant-based chicken with spice blend as above.



## Toss the veggies

- To the tray with roasted veggies, add **baby spinach leaves** and **charred corn**.
- Drizzle with **olive oil**, then gently toss to coat. Season to taste.



## Cook 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.
- Meanwhile, combine **garlic sauce** and a drizzle of **vinegar** in a small bowl. Season to taste. Set aside.

**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.
- Serve with a dollop of creamy garlic sauce. Enjoy!

## Rate your recipe

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