



Sri Lankan-Spiced Chicken & Roast Veggie Toss

with Mayonnaise & Flaked Almonds

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Mild North Indian Spice Blend



Flaked Almonds



Chicken Thigh



Sri Lankan Spice Blend



Baby Spinach Leaves



Mayonnaise

Prep in: 15-25 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me Early

Bring out the aromatic scents of a North Indian inspired spice mix and a warm palette of crispy roast veggies. Combine them together to enrich your dinner with colour and flavour. You won't be disappointed in how everything tastes so undeniably good.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
potato	2	4
carrot	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
chicken thigh	1 small packet	2 small packets OR 1 large packet
Sri Lankan spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2329kJ (557Cal)	461kJ (110Cal)
Protein (g)	35.1g	6.9g
Fat, total (g)	26.8g	5.3g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	51g	10.1g
- sugars (g)	20.9g	4.1g
Sodium (mg)	1004mg	199mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat.
- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **mild North Indian spice blend**, drizzle with **olive oil** and toss to coat. Season with **salt** and **pepper**.
- Spread out evenly, then roast until tender, **25-30 minutes**.

3



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and drizzle with **honey**. Bake until cooked through, **12-14 minutes**.

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

2



Get prepped

- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.
- In a medium bowl, combine **chicken thigh**, **Sri Lankan spice blend**, a pinch of **salt** and a drizzle of **olive oil**.

4



Serve up

- When the roasted veggies are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray. Gently toss to combine. Season to taste.
- Slice Sri Lankan-spiced chicken.
- Divide roast veggie toss between plates. Top with chicken.
- Dollop over **mayonnaise** and garnish with toasted almonds. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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