

Tex-Mex Baked Chicken & Smokey Aioli with Zesty Roast Veggie Flatbread Toss

Grab your Meal Kit with this symbol



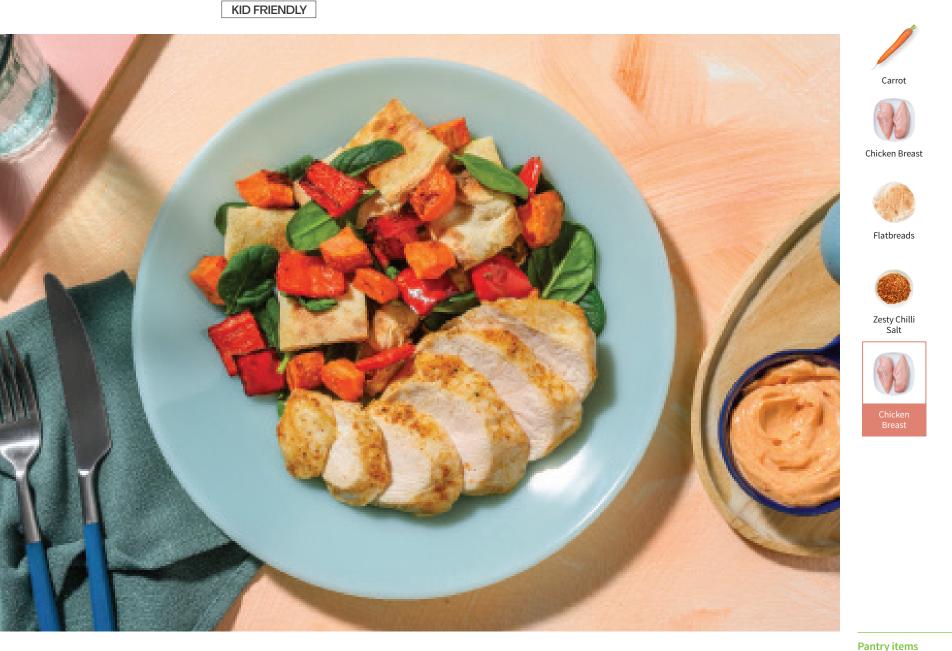
Capsicum

Tex-Mex

Spice Blend

Baby Leaves

Smokey Aioli



Olive Oil, Vinegar (White Wine or Balsamić)

Prep in: 10-20 mins Ready in: 25-35 mins

Calorie Smart*

*Custom Recipe is not Calorie Smart

Try a taste of Tex-Mex cuisine with a difference! We're giving golden veggies and baby leaves a flavour boost with tender chicken rubbed with mild spices. Add a dollop of smokey aioli and crispy flatbreads for a feast worthy of a fiesta!



AF

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 \cdot Large frying pan

Ingredients

U		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
flatbreads	2	4
baby leaves	1 small packet	1 medium packet
zesty chilli salt	1 sachet	2 sachets
vinegar* (white wine or balsamic)	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2434kJ (582Cal)	634kJ (152Cal)
Protein (g)	43.4g	11.3g
Fat, total (g)	23.7g	6.2g
- saturated (g)	3g	0.8g
Carbohydrate (g)	49.3g	12.8g
- sugars (g)	7g	1.8g
Sodium (mg)	1234mg	322mg
Dietary Fibre (g)	5.5g	1.4g

Custom Recipe

Per Serving	Per 100g
3282kJ (784Cal)	567kJ (136Cal)
86.1g	14.9g
27.3g	4.7g
4.1g	0.7g
50.4g	8.7g
7.2g	1.2g
1383mg	239mg
5.5g	1g
	3282kJ (784Cal) 86.1g 27.3g 4.1g 50.4g 7.2g 1383mg

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.





Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut carrot and capsicum into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

Little cooks: *Kids can help toss the veggies.*



Toast the flatbreads

- Meanwhile, roughly chop **flatbreads** into 3cm pieces (or squares).
- When veggies have **5 minutes** cook time remaining, place **flatbreads** on the tray of **veggies** and toast until golden.
- When roasted veggies and flatbreads are done, add **baby leaves**, **zesty chilli salt** and a drizzle of **vinegar** and **olive oil** to the tray. Gently toss to combine.

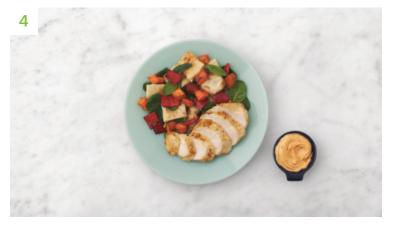


Bake the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
 Add chicken breast and Tex-Mex spice blend, turn to coat and cook until browned, 2 minutes each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **8-12 minutes**.

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

Custom Recipe: If you've doubled your chicken breast, cook in batches for best results.



Serve up

- Slice Tex-Mex chicken.
- Divide chicken, zesty roast veggie and flatbread toss between bowls.
- Serve with **smokey aioli**. Enjoy!

Little cooks: *Kids can take the lead and dollop over the smokey aioli when serving!*

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate