

# Tex-Mex Baked Chicken & Smokey Aioli

with Zesty Roast Veggie Flatbread Toss

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Capsicum



Chicken Breast



Tex-Mex Spice Blend



Flatbreads



Baby Leaves



Zesty Chilli Salt



Smokey Aioli



Chicken Breast

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



**Calorie Smart\***  
*\*Custom Recipe is not Calorie Smart*



Eat Me Early

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 smoky aioli and crispy flatbreads for a feast worthy of a fiesta!

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	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
<b>vinegar*</b> (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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3282kJ (784Cal)	567kJ (136Cal)
Protein (g)	86.1g	14.9g
Fat, total (g)	27.3g	4.7g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	50.4g	8.7g
- sugars (g)	7.2g	1.2g
Sodium (mg)	1383mg	239mg
Dietary fibre	5.5g	1g

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](https://hellofresh.co.nz/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

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## 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.

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## 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.

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## 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.

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## 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](https://hellofresh.co.nz/rate)