



Mexican Chicken & Brussels Sprouts Medley

with Roast Kumara & Garlic Aioli

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Kumara



Brussels Sprouts



Baby Leaves



Chicken Breast



Mexican Fiesta Spice Blend



Garlic Aioli



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins

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

Eat Me Early

Get ready to turn mealtime into a culinary fiesta with this firecracker dish! Tender chicken steaks have been marinated in Mexican spices for unparalleled levels of flavour, and are served alongside roasted kumara and Brussels sprouts for a meal you won't want to miss.

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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2	2
Brussels sprouts	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
white wine vinegar**	drizzle	drizzle
garlic 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)	2305kJ (551Cal)	443kJ (106Cal)
Protein (g)	46.6g	9g
Fat, total (g)	20.3g	3.9g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	45.9g	8.8g
- sugars (g)	12.2g	2.3g
Sodium (mg)	1064mg	205mg
Dietary Fibre (g)	9.2g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3077kJ (735Cal)	441kJ (105Cal)
Protein (g)	85.5g	12.3g
Fat, total (g)	23.6g	3.4g
- saturated (g)	3.7g	0.5g
Carbohydrate (g)	46.9g	6.7g
- sugars (g)	12.4g	1.8g
Sodium (mg)	1199mg	172mg
Dietary fibre	9.2g	1.3g

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://www.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

- Preheat oven to **220°C/200°C fan-forced**. Peel **kumara** and cut into bite-sized chunks. Halve **Brussels sprouts**.
- Place **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Arrange **Brussels sprouts** cut side down.
- Roast until tender, **20-25 minutes**. Set aside to cool slightly.

TIP: The Brussels sprouts will char slightly, this adds to the flavour!

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

4



Cook the chicken

- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken steaks** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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

2



Get Prepped

- While the veggies are roasting, roughly chop **baby leaves**.

5



Bring it all together

- In a medium bowl, combine **roasted kumara**, **Brussels sprouts**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil** with a pinch of **salt** and **pepper**. Toss to coat.

3



Prep the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine **Mexican Fiesta spice blend** with a drizzle of **olive oil**. Add **chicken breasts** and toss to coat.

Custom Recipe: If you've doubled your chicken breast, flavour as above and cook in batches for best results!

6



Serve up

- Slice the chicken.
- Divide Brussels sprouts and roast kumara toss and Mexican chicken between plates.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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