



American Chicken & Roast Veggie Toss

with BBQ Mayo

Grab your Meal Kit with this symbol



Red Onion



Courgette



Carrot



Peeled & Chopped Pumpkin



Chicken Breast



All-American Spice Blend



Sweetcorn



Baby Spinach Leaves



BBQ Mayo



Hands-on: 20-30 mins
Ready in: 30-40 mins



Carb Smart



Eat Me Early

Get the bold flavours of American cuisine right in your kitchen! Just coat chicken breast with our All-American spice blend, roast a chunky veggie toss and dollop a BBQ mayo over the whole shebang.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
red onion	1 (medium)	1 (large)
courgette	1	2
carrot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
chicken breast	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
sweetcorn	½ tin	1 tin
baby spinach leaves	1 bag (30g)	1 bag (60g)
BBQ mayo	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2160kJ (516Cal)	334kJ (79Cal)
Protein (g)	40.3g	6.2g
Fat, total (g)	23.2g	3.6g
- saturated (g)	3.5g	0.5g
Carbohydrate (g)	27.4g	4.2g
- sugars (g)	18.2g	2.8g
Sodium (mg)	1071mg	165mg
Dietary Fibre (g)	9.8g	1.5g

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 the oven to **220°C/200°C fan-forced**. Slice the **red onion** into wedges. Cut the **courgette** and **carrot** into bite-sized chunks. Place the **peeled & chopped pumpkin, onion, courgette** and **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

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



Prep the chicken

While the veggies are roasting, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **All-American spice blend** and a drizzle of **olive oil**. Add the **chicken**, then season and turn to coat.



Char the corn

Drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Remove from the heat and set aside to rest.

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



Make the roast veggie toss

While the chicken is cooking, add the **baby spinach leaves** and **roasted veggies** to the **charred corn**, then gently toss to combine. Season to taste.



Serve up

Slice the American chicken. Divide the roast veggie toss between plates and top with the chicken, spooning over any resting juices from the pan. Drizzle with the **BBQ mayo** to serve.

Enjoy!