Easy Chipotle-Glazed Chicken with Roast Veggie Toss & Corn Chip Crunch









Potato





Carrot







Diced Chicken







All-American

Mild Chipotle Sauce

Baby Spinach Leaves





Corn Chips

Sour Cream

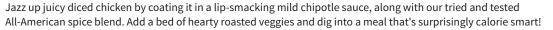
Hands-on: 15-25 mins Ready in: 25-35 mins

Calorie Smart



Eat Me Early





Pantry items Olive Oil, Butter, Honey

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

9. •••			
	2 People	4 People	
olive oil*	refer to method	refer to method	
red onion	1 (medium)	1 (large)	
potato	1	2	
carrot	1	2	
garlic & herb seasoning	1 sachet	1 sachet	
diced chicken	1 packet	1 packet	
All-American spice blend	1 sachet	1 sachet	
butter*	20g	40g	
mild chipotle	1 packet	2 packets	
sauce	(40g)	(80g)	
honey*	1 tsp	2 tsp	
baby spinach	1 bag	1 bag	
leaves	(60g)	(120g)	
corn chips	1 medium bag	1 large bag	
sour cream	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630Cal)	520kJ (124Cal)
Protein (g)	42.3g	8.4g
Fat, total (g)	27.7g	5.5g
- saturated (g)	13.7g	2.7g
Carbohydrate (g)	55.1g	10.9g
- sugars (g)	20.5g	4g
Sodium (mg)	1450mg	286mg

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.



Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Slice red onion into wedges. Cut potato and carrot into bite-sized chunks.



Roast the veggies

- Place onion, potato, carrot, garlic & herb seasoning and a drizzle of olive oil on a lined oven tray.
- Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



Cook the chicken

- When the veggies have 10 minutes cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of olive oil.
- When oil is hot, cook diced chicken, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Add All-American spice blend and the butter and cook, tossing, until fragrant, 1 minute.
- Remove pan from the heat, then add mild chipotle sauce and honey, tossing chicken to coat.



Serve up

- When veggies are done, add baby spinach leaves to the tray and toss to combine.
- Crush corn chips in their bag until roughly broken into pieces.
- Divide roast veggie toss and chipotle-glazed chicken between bowls.
- Top with crushed corn chips. Serve with sour cream.

Enjoy!