



Easy Chipotle-Glazed Chicken

with Roast Veggie Toss & Corn Chip Crunch

Grab your Meal Kit
with this symbol



Red Onion



Potato



Carrot



Garlic & Herb
Seasoning



Diced Chicken



All-American
Spice Blend



Mild Chipotle
Sauce



Baby Spinach
Leaves



Corn Chips



Sour Cream



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



1 Eat Me Early



Calorie Smart

Jazz up juicy diced chicken by coating it in a lip-smacking mild chipotle sauce, along with our tried and tested All-American spice blend. Add a bed of hearty roasted veggies and dig into a meal that's surprisingly calorie smart!

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

	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 sauce	1 packet (40g)	2 packets (80g)
honey*	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (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.



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.



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**.



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!