



Tex-Mex Chicken Steaks

with Corn-Veggie Toss & Garlic-Lemon Yoghurt

Grab your Meal Kit with this symbol 



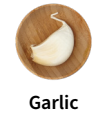
Kumara



Carrot



Red Onion



Garlic



Lemon



Coriander



Chicken Breast



Tex-Mex Spice Blend






Yoghurt



Sweetcorn



Baby Spinach Leaves

 Hands-on: **35-45 mins**
 Ready in: **45-55 mins**
 Eat me early

Try a taste of Mexico with a Texan twist! We're giving golden veggies and baby spinach a flavour boost with tender chicken rubbed with mild Tex-Mex spices. Add a dollop of garlic-infused yoghurt and zesty lemon wedges for a feast worthy of a fiesta!

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
kumara	2 (medium)	2 (large)
carrot	1	2
red onion	1 (medium)	1 (large)
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
lemon	½	1
coriander	1 bunch	1 bunch
chicken breast	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
yoghurt	1 packet	1 packet
sweetcorn	½ tin	1 tin
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2360kJ (565Cal)	345kJ (82Cal)
Protein (g)	47.6g	6.9g
Fat, total (g)	13.4g	2.0g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	56.2g	8.2g
- sugars (g)	26.1g	3.8g
Sodium (g)	933mg	136mg

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.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Cut the **carrot** into 2cm chunks. Slice the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and a **good pinch** of **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Slice the **lemon** (see **ingredients list**) into wedges. Roughly chop the **coriander**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl combine a **drizzle** of **olive oil**, the **Tex-Mex spice blend** and a **pinch** of **salt** and **pepper**. Add the **chicken** and toss to coat. Set aside.



3. Make the garlic-lemon yoghurt

In a large frying pan, heat olive oil (**1 tsp for 2 people / 2 tsp for 4 people**) and the **garlic** over a medium-high heat. Cook until fragrant, **30 seconds**. Transfer to a small bowl. Add the **yoghurt**, **1/2** the **coriander** and a **squeeze** of **lemon juice** to the **garlic oil mixture** and stir to combine. Season with **salt** and **pepper**. Drain the **sweetcorn** (see **ingredients list**). Return the frying pan to a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl.

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



4. Cook the chicken

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

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

TIP: The chicken may char a bit, this adds to the flavour!



5. Bring it all together

When the veggies are done, transfer to the large bowl with the charred **corn**. Add the **baby spinach leaves** and **remaining coriander**. **Drizzle** with **olive oil**, season to taste with **salt** and **pepper** and toss to coat.



6. Serve up

Thickly slice the chicken. Divide the charred corn-veggie toss between plates and top with the Tex-Mex chicken. Spoon over the garlic-lemon yoghurt and serve with any remaining lemon wedges.

Enjoy!