



American Chicken & Roasted Pumpkin

with Chipotle Mayo Drizzle

Grab your Meal Kit with this symbol



Red Onion



Tomato



Carrot



Peeled & Chopped Pumpkin



Chicken Breast



All-American Spice Blend



Sweetcorn



Mild Chipotle Sauce



Mayonnaise



Baby Spinach Leaves



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



Low Calorie



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 drizzle a smokey chipotle mayo over the whole shebang.

Unfortunately, this week's courgette was in short supply, so we've replaced it with tomato. Don't worry, the recipe will be just as delicious!

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)
tomato	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	2 sachets
sweetcorn	½ tin	1 tin
mild chipotle sauce	½ packet (20g)	1 packet (40g)
mayonnaise	1 packet (40g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2240kJ (534Cal)	319kJ (76Cal)
Protein (g)	43.7g	6.2g
Fat, total (g)	22.5g	3.2g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	33.4g	4.8g
- sugars (g)	23.8g	3.4g
Sodium (g)	1030mg	147mg

Allergens

Please 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. Always read product labels for the most up-to-date allergen information.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into 2cm wedges. Cut the **tomato** into 2cm wedges. Cut the **carrot** (unpeeled) into 2cm chunks. Place the **peeled & chopped pumpkin, onion, tomato** and **carrot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.

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



4. Make the chipotle mayo

While the sweetcorn is cooking, combine the **mild chipotle sauce** (see ingredients list) and **mayonnaise** in a small bowl.



2. Prep the chicken

While the veggies are roasting, 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 large bowl, combine the **chicken, All-American spice blend**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Toss to coat.



5. Cook the chicken

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). Set aside to rest. To the bowl with the **corn**, add the **baby spinach leaves** and roasted **veggies** and gently toss to combine. Season with **salt** and **pepper**.

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



3. Char the corn

Drain the **sweetcorn** (see ingredients list). Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a second large bowl.

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



6. Serve up

Thickly slice the chicken. Divide the roasted veggie toss between plates and top with the American chicken, spooning over any resting juices from the pan. Drizzle with the chipotle mayo.

Enjoy!