

Smokey Chicken & Roasted Veggies

with Chipotle Yoghurt

Grab your Meal Kit with this symbol



- 
 Butternut Pumpkin


 Red Onion
- 
 Carrot


 Capsicum
- 
 Chicken Breast


 All-American Spice Blend
- 
 Sweetcorn


 Mild Chipotle Sauce
- 
 Greek-Style Yoghurt


 Baby Spinach Leaves

-  Hands-on: 20-30 mins
-  Ready in: 30-40 mins
-  Eat me early
-  Naturally gluten-free
- Not suitable for Coeliacs*
-  Calorie Smart

Enjoy a rainbow of veggies plus a healthy serve of quality protein with this nourishing meal. The smokey spice blend on the chicken and the chipotle yoghurt ensures the flavour factor keeps on coming!

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
butternut pumpkin	1 (medium)	1 (large)
red onion	1	2
carrot	1	2
capsicum	1	2
chicken breast	1 small packet	1 large packet
All-American spice blend	1 sachet	2 sachets
sweetcorn	1 tin (125g)	1 tin (300g)
mild chipotle sauce	½ tub	1 tub
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2319kJ (554Cal)	258kJ (61Cal)
Protein (g)	52.5g	5.8g
Fat, total (g)	13g	1.4g
- saturated (g)	3.6g	0.4g
Carbohydrate (g)	47g	5.2g
- sugars (g)	37.9g	4.2g
Sodium (mg)	827mg	92mg

Allergens

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

Visit hellofresh.com.au/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**. Cut the **butternut pumpkin** into 2cm-thick wedges. Slice the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm chunks. Cut the **capsicum** into 1cm pieces. Place the **pumpkin, onion, carrot** and **capsicum** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.

TIP: Peel the pumpkin if you prefer!



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 **All-American spice blend** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **chicken** and toss to coat.



Char the corn

Drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly browned, **4-5 minutes**. Transfer to a second large bowl.

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



Make the chipotle yoghurt

While the corn is cooking, combine the **mild chipotle sauce** (see ingredients) and **Greek yoghurt** in a small bowl.

TIP: Add less chipotle sauce if you're sensitive to heat.



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 (depending on thickness). Remove from the heat. Add the **baby spinach leaves** and **roasted veggies** to the **corn** and gently toss to combine. Season with **salt** and **pepper**.

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



Serve up

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

Enjoy!