



Aussie Chicken & Roast Veggie Salad

with Dill Yoghurt

Grab your Meal Kit with this symbol



Carrot



Capsicum



Sweet Potato



Beetroot



Pepitas



Lemon



Dill



Greek-Style Yoghurt



Chicken Breast



Aussie Spice Blend



Spinach & Rocket Mix

Hands-on: **20-30 mins**
 Ready in: **40-50 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Calorie Smart

The key to making a killer salad? Having a mixture of flavours and textures, and enough hearty ingredients to ensure you feel satisfied at the end. This one ticks all those boxes to make it the perfect nutritionally balanced meal.

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
carrot	1	2
capsicum	1	2
sweet potato	1	2
beetroot	1	2
pepitas	1 packet	2 packets
lemon	½	1
dill	1 bunch	1 bunch
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2500kJ (597Cal)	348kJ (83Cal)
Protein (g)	45.8g	6.4g
Fat, total (g)	24.7g	3.4g
- saturated (g)	5.9g	0.8g
Carbohydrate (g)	40.8g	5.7g
- sugars (g)	30.2g	4.2g
Sodium (mg)	711mg	99mg

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 **carrot** and **capsicum** into 2cm chunks. Cut the **sweet potato** (unpeeled) and **beetroot** (unpeeled) into 1cm cubes. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**. In the **5 minutes** before the **veggies** have finished roasting, remove the oven tray, sprinkle over the **pepitas** and return the tray to the oven. Set aside to cool.



Cook the chicken

When the veggies have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Cook in batches if your pan is getting crowded. Set aside.

TIP: *The spice blend will char slightly in the pan, this adds to the flavour!*



Get prepped

While the veggies are roasting, zest the **lemon** to get a generous pinch, then slice into wedges. Roughly chop the **dill**. In a small bowl, combine the **Greek-style yoghurt**, **lemon zest**, a squeeze of **lemon juice**, a drizzle of **olive oil** and 1/2 the **dill**. Season with **salt** and **pepper**.



Bring it together

When the roast veggie salad has cooled a little, add the **spinach & rocket mix** to the oven tray and gently toss to combine. Slice the **chicken**.



Flavour the chicken

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 the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken steaks** and season with **pepper**. Toss to coat and set aside.



Serve up

Divide the roast veggie salad between plates. Top with the Aussie chicken. Drizzle over some of the dill yoghurt and serve the rest on the side. Garnish with the remaining dill. Serve with any remaining lemon wedges.

Enjoy!