



Creole Chicken & Roast Pumpkin Salad

with Creamy Feta & Toasted Almonds

Grab your Meal Kit with this symbol



-  Peeled & Chopped Pumpkin
-  Garlic
-  Chicken Breast
-  Creole Spice Blend
-  Sweetcorn
-  Coriander
-  Lemon
-  Dijon Mustard
-  Flaked Almonds
-  Mixed Salad Leaves
-  Currants
-  Feta

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

 Low calorie

 Eat me early

Say hello to your newest friend with flavour: our Creole spice blend! We've created a secret mix of herbs and spices including paprika, oregano and lemon pepper for this tasty tribute to the famous New Orleans cuisine. Tender pan-fried chicken breast is the perfect vehicle to let this spice mix shine, and when you add roasted pumpkin, sweet currants and crisp greens, you get a bowl of goodness!

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 ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
Creole spice blend	1 sachet	1 sachet
sweetcorn	1 tin	2 tins
coriander	1 bunch	1 bunch
lemon	½	1
Dijon mustard	½ packet (7.5g)	1 packet (15g)
flaked almonds	1 packet	2 packets
mixed salad leaves	1 bag (60g)	1 bag (120g)
currants	½ packet	1 packet
feta	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2160kJ (515Cal)	437kJ (104Cal)
Protein (g)	46.9g	9.5g
Fat, total (g)	16.9g	3.4g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	38.5g	7.8g
- sugars (g)	19.3g	3.9g
Sodium (mg)	1030mg	209mg

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 pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with the **salt** and a **pinch of pepper**. Toss to coat, then spread in a single layer and roast until tender, **20-25 minutes**.



2. Flavour the chicken

While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Cut the **chicken breast** into 2cm chunks. In a medium bowl, combine the **garlic**, **Creole spice blend**, a **drizzle of olive oil** and a **pinch of pepper**. Add the **chicken** and toss to coat. Set aside.



3. Prep the garnishes

Drain the **sweetcorn**. Finely chop the **coriander**. Slice the **lemon** into wedges. In a large bowl, combine a **good squeeze of lemon juice**, the **Dijon mustard** (see ingredients list) and a **drizzle of olive oil**. Season with **salt** and **pepper**. Set aside.

TIP: Add as much or as little lemon juice as you like depending on your taste.



4. Toast the almonds

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. Return the frying pan to a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to the bowl with the **mustard dressing**.



5. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. While the chicken is cooking, add the roasted **pumpkin**, **mixed salad leaves** and **currants** (see ingredients list) to the charred **corn** and **mustard dressing**. Toss to combine.



6. Serve up

Divide the roast pumpkin salad between bowls and top with the Creole chicken. Crumble over the **feta** and garnish with the coriander and toasted almonds.

Enjoy!

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