



Nan's Chicken & Roast Veggie Toss

with Garlic Aioli & Toasted Almonds

Grab your Meal Kit with this symbol



Kumara



Parsnip



Yam



Red Onion



Chicken Breast



Nan's Special Seasoning



Flaked Almonds



Baby Spinach Leaves



Balsamic Glaze



Garlic Aioli

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Eat me early

This heavenly chicken coated in Nan's special seasoning is full of flavour, thanks to paprika, pepper, onion and garlic. Add a medley of veggies, crunchy flaked almonds and a dollop of our garlic aioli and it's satisfaction, guaranteed!

Unfortunately, this week's cauliflower was in short supply, so we've replaced it with yam. 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

Two oven trays 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)
parsnip	1	2
yam	1 (medium)	1 (large)
red onion	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2570kJ (615Cal)	417kJ (100Cal)
Protein (g)	44.6g	7.2g
Fat, total (g)	25.1g	4.1g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	48.4g	7.8g
- sugars (g)	25.2g	4.1g
Sodium (mg)	619mg	100mg

Allergens

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

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.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** and **parsnip** (both unpeeled) into 1cm chunks. Cut the **yam** (unpeeled) into 2cm chunks. Slice the **red onion** into 2cm wedges. Divide the **kumara**, **parsnip**, **yam** and **onion** over two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast until tender, **20-25 minutes**.

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



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).

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



2. Flavour 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 medium bowl, combine **Nan's special seasoning** with a **little drizzle** of **olive oil**. Season with **pepper**, then add the **chicken** and toss to coat. Set aside.



5. Bring it all together

In a large bowl, combine the roasted **veggies** and **baby spinach leaves**. Toss to combine and season to taste.



3. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



6. Serve up

Thickly slice the chicken. Divide the roast veggie toss and Nan's chicken between plates. Drizzle with the **balsamic glaze**. Sprinkle with the toasted almonds and serve with the **garlic aioli**.

Enjoy!