

Spiced Chicken & Bacon Roast Veggie Toss

with Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Capsicum



Red Onion



Parsnip



Chicken Breast



Aussie Spice Blend



Diced Bacon



Baby Spinach Leaves



Dill & Parsley Mayonnaise

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

Eat me early

Who doesn't like a bit of char on their chicken? This one gets a coating of our famous Aussie-style spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies and a sprinkling of bacon bits for an outstanding pairing of flavours.

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
potato	3	6
capsicum	1	2
red onion	1 (medium)	1 (large)
parsnip	1	2
Aussie spice blend	1 sachet	1 sachet
chicken breast	1 packet	1 packet
diced bacon	½ packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2691kJ (643Cal)	408kJ (97Cal)
Protein (g)	48.8g	7.4g
Fat, total (g)	31.5g	4.8g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	41.3g	6.3g
- sugars (g)	11g	1.7g
Sodium (mg)	929mg	141mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Thinly slice the **capsicum**. Slice the **red onion** into 2cm wedges. Cut the **parsnip** (unpeeled) into 2cm chunks. Divide the **veggies** between two oven trays lined with baking paper. Drizzle both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.

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



Prep the chicken

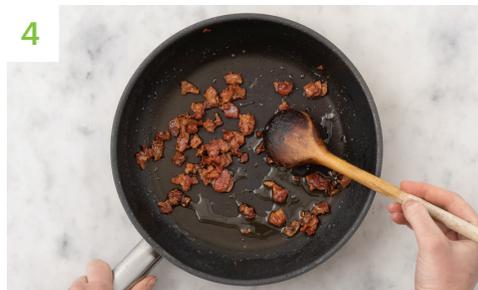
While the veggies are roasting, combine the **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**, then add the **chicken breast** and toss to coat.



Cook the chicken

When the veggies have **15 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **2 minutes** each side. Remove the bottom tray of veggies from the oven, then slightly push the veggies to one side. Transfer the **chicken** to the tray and bake until cooked through, **6-10 minutes** (depending on thickness). Transfer the **chicken** to a plate and cover with foil to rest.

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



Cook the bacon

While the chicken is baking, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **diced bacon** (see ingredients), tossing, until golden, **4-5 minutes**.



Bring it all together

Transfer the roasted **veggies** to a large bowl, then add the cooked **bacon** and the **baby spinach leaves**. Toss to coat and season to taste with **pepper**.



Serve up

Slice the spiced chicken. Divide the bacon and roast veggie toss between plates, then top with the chicken. Serve with the **dill & parsley mayonnaise**.

Enjoy!