



# Spiced Chicken & Rainbow Veggie Fries

with Rocket-Pear Salad & Chive Aioli

Grab your Meal Kit with this symbol



Carrot



Parsnip



Beetroot



Flaked Almonds



Chicken Breast



Nan's Special Seasoning



Chives



Garlic Aioli



Pear



Rocket Leaves



Grated Parmesan Cheese



Hands-on: 20-30 mins  
Ready in: 35-45 mins



Carb Smart



Eat Me Early

Enjoy this bright and tasty dinner that gets a boost of flavour with our Nan's special seasoning! Serve up a side of rainbow veggie fries and crunchy pear salad for a low-carb, but perfectly satisfying meal.

### Pantry items

Olive Oil, Balsamic Vinegar

## 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
parsnip	1	2
beetroot	1	2
flaked almonds	1 packet	2 packets
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
chives	1 bag	1 bag
garlic aioli	1 packet (50g)	1 packet (100g)
pear	½	1
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 bag (30g)	1 bag (60g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2267kJ (541Cal)	488kJ (116Cal)
Protein (g)	40.1g	8.6g
Fat, total (g)	29.1g	6.3g
- saturated (g)	6.4g	1.4g
Carbohydrate (g)	30g	6.5g
- sugars (g)	20.2g	4.3g
Sodium (mg)	924mg	199mg
Dietary Fibre (g)	6.1g	1.3g

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot, parsnip** and **beetroot** into fries. Spread the **veggie fries** over a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



## Make the chive aioli

While the chicken is cooking, finely chop the **chives**. In a small bowl, combine the **garlic aioli** and **chives**. Set aside.



## Get prepped

While the veggie fries are baking, heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside. Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add the **chicken** and turn to coat.



## Make the salad

Thinly slice the **pear** (see ingredients). In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add the **rocket leaves, pear** and **grated Parmesan cheese**. Toss to coat.



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-5 minutes** each side (depending on size). Transfer to a plate to rest.

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

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



## Serve up

Slice the spiced chicken. Divide the chicken, rainbow veggie fries and rocket-pear salad between plates. Spoon any resting juices over the chicken. Sprinkle with the toasted almonds and serve with the chive aioli.

## Enjoy!