

Spiced Chicken & Roast Pumpkin Toss

with Dill-Parsley Mayo & Crispy Shallots

Grab your Meal Kit with this symbol



Onion



White Turnip



Peeled Pumpkin Pieces



Chicken Thigh



Aussie Spice Blend



Salad Leaves



Dill & Parsley Mayonnaise



Crispy Shallots

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: 20-30 mins
Ready in: 25-35 mins



Eat Me Early



Carb Smart

Who doesn't like a bit of char on their chicken? This one gets a generous coating of our punchy Aussie spice blend before it crisps up in the pan until golden. Finish it off with a bed of roasted veggies (that'll take barely any effort to whip up) and top it off with a sprinkling of crispy shallots for an outstanding pairing of flavours – without the sweat and tears.

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
onion	1 (medium)	1 (large)
white turnip	1	2
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
chicken thigh	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
salad leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 packet (100g)	2 packets (200g)
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2658kJ (635Cal)	485kJ (116Cal)
Protein (g)	38.7g	7.1g
Fat, total (g)	41.1g	7.5g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	28.2g	5.1g
- sugars (g)	15.7g	2.9g
Sodium (mg)	892mg	163mg
Dietary Fibre (g)	6g	1.1g

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://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



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **onion** into quarters. Cut **white turnip** into bite-sized chunks.
- Place **onion**, **turnip** and **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

3



Finish the veggies

- Meanwhile, combine **salad leaves** and **roasted veggies** in a large bowl.

2



Cook the chicken

- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken thigh** and **Aussie spice blend**, turning occasionally, until browned and cooked through, **10-14 minutes**.

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

4



Serve up

- Slice spiced chicken.
- Divide roast pumpkin toss between plates. Top with chicken.
- Dollop over **dill & parsley mayonnaise**. Garnish with **crispy shallots** to serve.

Enjoy!