

Spiced Chicken & Roast Veggie Salad

with Pepitas & Garlic Yoghurt

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Red Onion



Beetroot



Carrot



Chicken Breast



Aussie Spice Blend



Pepitas



Garlic



Greek-Style Yoghurt



Baby Spinach Leaves

Hands-on: 25-35 mins
 Ready in: 40-50 mins
 Naturally gluten-free
 Not suitable for Coeliacs

Calorie Smart
 Eat me early

Eating the rainbow has never looked so good! Simply roast a medley of colourful veggies, cook tender pieces of spiced chicken, then top it all off with creamy garlicky yoghurt. It's a nutritionally balanced meal that will leave you feeling all healthy and satisfied.

Unfortunately, this week's squash were in short supply, so we've replaced it with capsicum. Don't worry, the recipe will be just as delicious!

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
sweet potato	2	4
capsicum	1	2
red onion	1	2
beetroot	1	2
carrot	1	2
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
pepitas	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar*	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2723kJ (650Cal)	340kJ (81Cal)
Protein (g)	48.4g	6g
Fat, total (g)	23g	2.9g
- saturated (g)	6g	0.7g
Carbohydrate (g)	55.9g	7g
- sugars (g)	36.8g	4.6g
Sodium (mg)	711mg	89mg

Allergens

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

Visit hellofresh.com.au/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 **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled), **capsicum** and **red onion** into 2cm chunks. Cut the **beetroot** and **carrot** (unpeeled) into 1cm chunks. Place the **sweet potato, capsicum, onion, beetroot and carrot** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt and pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

TIP: If the veggies don't fit in a single layer, divide them between two trays!



Cook the chicken

Return the frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** steaks until cooked through, **3-5 minutes** each side (depending on thickness).

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



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 the **Aussie spice blend** and a good drizzle of **olive oil**, then season with **pepper**. Add the chicken and toss to coat. Set aside.



Make the salad

In a large bowl, combine the **roasted veggies, baby spinach leaves** and **balsamic vinegar**. Season with **salt and pepper** and gently toss to combine.



Make the garlic yoghurt

Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast until golden, **3-4 minutes**. Set aside. Finely chop the **garlic**. Return the frying pan to a medium-high heat. Add a drizzle of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** to the **garlic oil mixture** and combine. Season to taste.



Serve up

Slice the chicken. Divide the veggies between plates and top with the chicken. Top with the garlic yoghurt and sprinkle over the pepitas.

Enjoy!