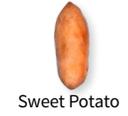


Tex-Mex Chicken

with Roast Veggie Salad & Lime Sour Cream

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Red Onion



Corn



Lime



Chicken Breast



Tex-Mex Spice Blend



Sour Cream



Mixed Salad Leaves



Coriander

 Hands-on: 25-35 mins
 Ready in: 35-45 mins
 Naturally gluten-free
Not suitable for Coeliacs

 Eat me early
 Calorie Smart

Let's hear it for mid-week Mexican! There's something so satisfying about bringing together all of these delicious elements for a bit of crafty dinner assemblage. Every mouthful is a kaleidoscope of yummy roast veggies, sweet corn, succulent chicken and zesty sour cream.

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
sweet potato	2	4
capsicum	1	2
red onion	1	2
corn	1 cob	2 cobs
lime	½	1
chicken breast	1 small packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
sour cream	1 packet (100g)	1 packet (200g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
coriander	1 bag	1 bag

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2631kJ (628Cal)	357kJ (85Cal)
Protein (g)	44g	6g
Fat, total (g)	24.5g	3.3g
- saturated (g)	9.4g	1.3g
Carbohydrate (g)	51.3g	7g
- sugars (g)	29.3g	4g
Sodium (mg)	524mg	71mg

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 **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Cut the **red onion** into 2cm wedges. 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, then roast until tender, **20-25 minutes**.

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



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Cook the chicken in batches if your pan is getting crowded.

TIP: Don't worry if the chicken chars a bit, this adds to the flavour!



Get prepped

While the veggies are roasting, slice the kernels off the **corn** cob. Zest the **lime** to get a good pinch, then slice into wedges. 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 **Tex-Mex spice blend** and a drizzle with **olive oil**. Season with **salt and pepper**. Add the **chicken** then toss to coat.



Bring it together

Add the **roast veggies** and **mixed salad leaves** to the **corn**. Drizzle with **olive oil** and a squeeze of **lime juice**. Season to taste and toss to combine.

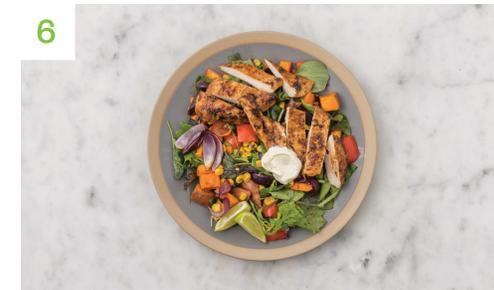


Char the corn

Heat a large frying pan over a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until lightly charred, **5 minutes**. Transfer to a large bowl. Set aside. In a small bowl, combine the **sour cream**, **lime zest** and a generous squeeze of **lime juice**. Season with **salt and pepper**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

TIP: Add more or less lime juice and zest to taste.



Serve up

Roughly chop the **coriander**. Slice the Tex-Mex chicken. Divide the roast sweet potato salad between plates. Top with the chicken and lime sour cream. Sprinkle with the coriander to serve.

Enjoy!