



# Tex-Mex Chicken

with Roast Veggie Toss & Garlic-Lime Yoghurt

Grab your Meal Kit with this symbol



- Sweet Potato
- Capsicum
- Red Onion
- Garlic
- Lime
- Coriander
- Chicken Breast
- Tex-Mex Spice Blend
- Greek-Style Yoghurt
- Tomato
- Baby Spinach Leaves

- Hands-on: 35-45 mins
- Ready in: 45-55 mins
- Naturally gluten-free  
*Not suitable for Coeliacs*
- Eat me early
- Calorie Smart

We're giving roasted veggies a flavour boost with tender chicken smothered with mild Tex-Mex spices. Add garlic-infused yoghurt, capsicum and baby spinach for a nutritionally balanced feast!

**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
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
lime	½	1
coriander	1 bag	1 bag
chicken breast	1 small packet	1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2297kJ (548Cal)	304kJ (72Cal)
Protein (g)	43.8g	5.8g
Fat, total (g)	17.1g	2.3g
- saturated (g)	4.9g	0.6g
Carbohydrate (g)	47.7g	6.3g
- sugars (g)	28.6g	3.8g
Sodium (mg)	784mg	104mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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. Place the **sweet potato** on an oven tray lined with baking paper. Place the **capsicum** and **onion** on a second oven tray lined with baking paper. Drizzle both trays with **olive oil** and season with the **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

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



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Slice the **lime** into wedges (see ingredients). Roughly chop the **coriander**. 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 pinch of **salt** and **pepper**. Drizzle with **olive oil** and add the **chicken**. Toss to coat.



## Make the garlic-lime yoghurt

Heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **30 seconds**. Transfer to a small bowl. Add the **Greek-style yoghurt**, 1/2 the **coriander** and a squeeze of **lime juice** and stir to combine. Season to taste.



## 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** (depending on thickness). Transfer to a plate and set aside to rest.

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

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



## Bring it all together

Roughly chop the **tomato**. Add the roasted **vegetables**, **tomato**, **baby spinach leaves** and remaining **coriander** to a large bowl. Drizzle with **olive oil**, season to taste and toss to coat.



## Serve up

Thickly slice the chicken. Divide the veggie toss between plates and top with the Tex-Mex chicken. Spoon over the garlic-lime yoghurt. Serve with any remaining lime wedges.

## Enjoy!