



# Herby Chicken Tenders & Roast Veggie Toss

with Pesto & Tzatziki

Grab your Meal Kit  
with this symbol



Capsicum



Red Onion



Zucchini



Butternut Pumpkin



Rustic Herb  
Spice Blend



Flaked Almonds



Chicken Tenderloins



Garlic & Herb  
Seasoning



Baby Spinach  
Leaves



Tzatziki



Basil Pesto



Hands-on: **25-35 mins**  
Ready in: **35-45 mins**



Calorie Smart



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me early

Make a winner winner chicken dinner with flavoured chicken strips, colourful veggies and roasted pumpkin. It's a nutritionally balanced meal everyone will love!

## 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
capsicum	1	2
red onion	1	2
zucchini	1	2
butternut pumpkin	1 (medium)	1 (large)
rustic herb spice blend	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
chicken tenderloins	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar*	2 tsp	4 tsp
tzatziki	1 sachet (50g)	1 sachet (100g)
basil pesto	1 sachet (50g)	1 sachet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2320kJ (554Cal)	260kJ (62Cal)
Protein (g)	51.6g	5.8g
Fat, total (g)	18.2g	2g
- saturated (g)	2.9g	0.3g
Carbohydrate (g)	39g	4.4g
- sugars (g)	31.3g	3.5g
Sodium (mg)	593mg	66mg

The quantities provided above are averages only.

## Allergens

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

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



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Slice the **capsicum**. Cut the **red onion** into thick wedges. Slice the **zucchini** into half-moons. Cut the **butternut pumpkin** into bite-sized chunks.



## Roast the veggies

Place the veggies on a lined oven tray. Sprinkle with the **rustic herb spice blend**, drizzle over **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.

**TIP:** Peel the pumpkin if you prefer! If the veggies don't fit in a single layer, divide between two trays.



## Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## Cook the chicken

Return the frying pan to medium-high heat with a drizzle of **olive oil**. In a medium bowl, add the **chicken tenderloin**, **garlic & herb seasoning** and a drizzle of **olive oil**. Toss to coat. Add the **chicken** to the pan and cook until browned and cooked through, **3-4 minutes** each side. Remove from the heat.



## Bring it all together

When the veggies are done, add the **baby spinach leaves** and **balsamic vinegar** to the roasted veggie tray. Gently toss to combine.



## Serve up

Divide the herby chicken tenders and roast veggie toss between plates. Pour over any chicken resting juices. Top with a dollop of **tzatziki** and **basil pesto**. Sprinkle over the flaked almonds.

## Enjoy!