



Mediterranean Chicken with Roast Pumpkin Salad & Red Pesto Mayo

FRESH & FAST Box to plate: 15 mins Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2560kJ/613Cal | Protein 46.4g | Fat, total 34.0g - saturated 5.2g | Carbohydrate 23.3g - sugars 14.1g | Sodium 1220mg
Naturally gluten-free (Not suitable for Coeliacs)

Contact us | hello@hellofresh.com.au
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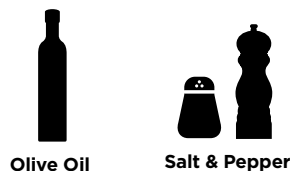
Get ready

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'll need (along with the basics)



From the pantry



From the cool pouch

	2P	4P
Chicken Tenderloin	1 pkt	1 pkt
Roasted Pumpkin	1 pkt	2 pkts
Mayonnaise	1 pkt (40g)	1 pkt (80g)
Spinach & Rocket Mix	1 bag (60g)	1 bag (120g)
Fetta	1 block (25g)	1 block (50g)

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.

1. Sizzle



Capsicum Chicken Tenderloin



Garlic & Herb Seasoning

2. Zap



Roast Pumpkin



Mayonnaise



Red Pesto



Tomato

3. Toss



Spinach & Rocket Mix



Fetta

- Heat **olive oil** in a large frying pan over a high heat
- Slice **capsicum** into strips
- Cook **chicken** and **capsicum**, turning, until cooked through, **6-8 mins**
- Add **seasoning** and a **good splash** of **water**
- Toss, until fragrant, **1 min**

- Meanwhile, zap **pumpkin** in the microwave until hot and steaming, **2-3 mins**
- Grab a small bowl and combine **mayo** and **red pesto**
- Chop the **tomato**

- Add **pumpkin, tomato** and **spinach mix** to a bowl
- **Drizzle** with **olive oil, season** and toss
- Plate up **salad, chicken** and **capsicum**
- Dollop with **pesto mayo**
- Crumble over **fetta**

