



# Tex-Mex Chicken

with Roast Veggie Toss & Garlic-Lime Sauce

Grab your Meal Kit  
with this symbol



Sweet Potato



Capsicum



Red Onion



Lime



Coriander



Sweetcorn



Chicken Tenderloins



Tex-Mex  
Spice Blend



Garlic Sauce



Baby Spinach  
Leaves



Hands-on: **30-40 mins**  
Ready in: **40-50 mins**



Naturally gluten-free  
*Not suitable for Coeliacs*



Calorie Smart



Eat me early

We're giving roasted veggies a flavour boost with tender chicken smothered with mild Tex-Mex spices. Add garlic-lime sauce, 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
lime	½	1
coriander	1 bag	1 bag
sweetcorn	1 tin (125g)	1 tin (300g)
chicken tenderloins	1 packet	1 packet
Tex-Mex spice blend	1 sachet	2 sachets
garlic sauce	1 medium packet	1 large packet
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2353kJ (562Cal)	318kJ (76Cal)
Protein (g)	49.8g	6.7g
Fat, total (g)	16.6g	2.2g
- saturated (g)	2.5g	0.3g
Carbohydrate (g)	46.9g	6.3g
- sugars (g)	25.1g	6.3g
Sodium (mg)	1014mg	137mg

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

1



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into small chunks. Cut the **capsicum** into bite-sized chunks. Cut the **red onion** into thick wedges. Place the **sweet potato** on a lined oven tray. Place the **capsicum** and **onion** on a second lined oven tray. Drizzle both trays with **olive oil** and season with the **salt** and a good pinch of **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

2



## Get prepped

**SPICY!** This is a mild spice blend, but if you're sensitive to heat, feel free to add less. While the veggies are roasting, slice the **lime** into wedges. Roughly chop the **coriander**. Drain the **sweetcorn**. In a medium bowl, combine the **chicken tenderloins**, **Tex-Mex spice blend** and a pinch of **salt** and **pepper**. Drizzle with **olive oil** and toss to coat.

3



## Make the garlic-lime sauce

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to a large bowl. In a small bowl, combine the **garlic sauce**, 1/2 the **coriander** and a squeeze of **lime juice**. Season to taste.

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

4



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-4 minutes** (depending on thickness). Remove from the heat.

**TIP:** Don't worry if the chicken chars a bit, this adds to the flavour! Chicken is cooked through when it's no longer pink inside.

5



## Bring it all together

Add the **roasted veggies**, **baby spinach leaves** and remaining **coriander** to the **corn**. Drizzle with **olive oil**, season to taste and toss to coat.

6



## Serve up

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

## Enjoy!