



# Creole Chicken & Roast Pumpkin Salad

with Creamy Feta & Toasted Almonds

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic



Chicken Breast



Creole Spice Blend



Sweetcorn



Coriander



Lemon



Dijon Mustard



Flaked Almonds



Mixed Salad Leaves



Currants



Feta

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Low calorie

Eat me early

Say hello to your newest friend with flavour: our Creole spice blend! We've created a secret mix of herbs and spices including paprika, oregano and lemon pepper for this tasty tribute to the famous New Orleans cuisine. Tender pan-fried chicken breast is the perfect vehicle to let this spice mix shine, and when you add roasted pumpkin, sweet currants and crisp greens, you get a bowl of goodness!

### 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

Oven tray lined with baking paper ·  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
Creole spice blend	1 sachet	1 sachet
sweetcorn	1 tin	2 tins
coriander	1 bunch	1 bunch
lemon	½	1
Dijon mustard	½ packet (7.5g)	1 packet (15g)
flaked almonds	1 packet	2 packets
mixed salad leaves	1 bag (60g)	1 bag (120g)
currants	½ packet	1 packet
feta	1 block (25g)	1 block (50g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2160kJ (515Cal)	437kJ (104Cal)
Protein (g)	46.9g	9.5g
Fat, total (g)	16.9g	3.4g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	38.5g	7.8g
- sugars (g)	19.3g	3.9g
Sodium (mg)	1030mg	209mg

### Allergens

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

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



## 1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with the **salt** and a **pinch** of **pepper**. Toss to coat, then spread in a single layer and roast until tender, **20-25 minutes**.



## 2. Flavour the chicken

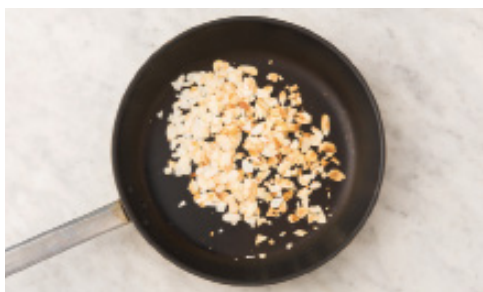
While the pumpkin is roasting, finely chop the **garlic** (or use a garlic press). Cut the **chicken breast** into 2cm chunks. In a medium bowl, combine the **garlic**, **Creole spice blend**, a **drizzle** of **olive oil** and a **pinch** of **pepper**. Add the **chicken** and toss to coat. Set aside.



## 3. Prep the garnishes

Drain the **sweetcorn**. Finely chop the **coriander**. Slice the **lemon** into wedges. In a large bowl, combine a **good squeeze** of **lemon juice**, the **Dijon mustard** (see ingredients list) and a **drizzle** of **olive oil**. Season with **salt** and **pepper**. Set aside.

**TIP:** Add as much or as little lemon juice as you like depending on your taste.



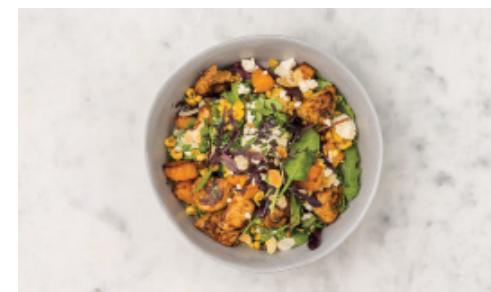
## 4. Toast the almonds

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. Return the frying pan to a high heat. Add the **sweetcorn** and cook until lightly charred, **4-5 minutes**. Transfer to the bowl with the **mustard dressing**.



## 5. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook, tossing occasionally, until browned and cooked through, **5-6 minutes**. While the chicken is cooking, add the roasted **pumpkin**, **mixed salad leaves** and **currants** (see ingredients list) to the charred **corn** and **mustard dressing**. Toss to combine.



## 6. Serve up

Divide the roast pumpkin salad between bowls and top with the Creole chicken. Crumble over the **feta** and garnish with the coriander and toasted almonds.

**Enjoy!**

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