



SIZZLING SOUTHWESTERN CHICKEN

with a Sweet Potato, Bell Pepper, and Feta Jumble



HELLO

SOUTHWEST SPICE BLEND

Our powerhouse blend of chili powder, garlic, and cumin adds a layer of smoky flavor.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 550**



Sweet Potatoes



Scallions



Southwest Spice Blend



Feta Cheese
(Contains: Milk)



Red Bell Pepper



Yellow Bell Pepper



Lime



Chicken Breasts

START STRONG

When zesting lime, don't get too zealous. You only want to remove the bright green outer skin. Leave the white pith behind—it can add some bitter flavors to your dish.

BUST OUT

- Peeler
- Baking sheet
- Zester
- 2 Medium bowls
- Paper towel
- Large pan
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-------------------------|---------------|
| • Sweet Potatoes | 2 4 |
| • Red Bell Pepper | 1 2 |
| • Yellow Bell Pepper | 1 2 |
| • Scallions | 2 4 |
| • Lime | 1 2 |
| • Southwest Spice Blend | 1 tsp 2 tsp |
| • Chicken Breasts | 12 oz 24 oz |
| • Feta Cheese | ½ Cup 1 Cup |

HELLO WINE



PAIR WITH
¡Cuéntame más! Mendoza
Malbec, 2016

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1 ROAST SWEET POTATOES

Wash and dry all produce. Preheat oven to 450 degrees. Peel **sweet potatoes**, then cut into ½-inch cubes. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender, about 25 minutes total (we'll be adding more items to the sheet after 10 minutes).



4 ROAST BELL PEPPERS

Once **sweet potatoes** have roasted 10 minutes, remove sheet from oven. Give sweet potatoes a toss and push toward one side of sheet. Add **bell peppers** to other side of sheet. Return sheet to oven and roast until both are tender, 12-15 minutes more.



2 PREP

Core and seed **red** and **yellow bell peppers**, then cut into 1-inch squares. Trim, then thinly slice **scallions**, keeping greens and whites separate. Zest **lime** into a medium bowl, then cut into halves.



5 MAKE JUMBLE

Once **sweet potatoes** and **bell peppers** are done, add to another medium bowl along with **scallion whites**, **feta cheese**, and a squeeze of **lime**. Toss to combine. Season with **salt**, **pepper**, and more lime (to taste).



3 RUB AND COOK CHICKEN

Add **1 tsp Southwest spice** (we sent more) and a large drizzle of **olive oil** to bowl with **lime zest** and stir to combine. Season with **salt** and **pepper**. Pat **chicken** dry with a paper towel, then add to bowl and rub spice mixture into meat. Heat a drizzle of olive oil in a large pan over medium-high heat. Add chicken and cook until no longer pink in center, 5-6 minutes per side.



6 PLATE AND SERVE

Thinly slice **chicken**. Divide **jumble** between plates, then arrange chicken on top. Sprinkle with **scallion greens** and serve.

BEAUTIFUL!

All those colorful veggies mean a rainbow of health benefits, too.

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