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WK41  
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## Mexican Chicken with Tomato & Fetta Cheese Salad

This dish has all the fabulous flavours of Mexico, with a healthy kick to boot. Chicken is a great source of lean protein and sweet potato is chock full of vitamin A, vitamin C, potassium and dietary fibre. With these powerful superfoods in your corner, you'll be feeling as bright as this fiesta worthy rainbow fetta salad.



**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



outdoor  
dining



eat me  
first

### Pantry Items



Olive Oil



Balsamic  
Vinegar



Sweet Potato



Free Range  
Chicken Breast



Mexican Spice Mix



Roma Tomato



Fetta



Coriander

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2P	4P	Ingredients
200 g	400 g	sweet potato, unpeeled & chopped into 1 cm cubes
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	free range chicken breast, sliced in half horizontally
½ sachet	1 sachet	Mexican spice mix
2	4	roma tomatoes, chopped
1 block	2 blocks	fetta cheese, crumbled
1 bunch	2 bunches	coriander, leaves picked
2 tsp	1 tbs	balsamic vinegar *

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1840	Kj
Protein	40.6	g
Fat, total	21.7	g
-saturated	7.5	g
Carbohydrate	18.7	g
-sugars	9.6	g
Sodium	516	mg

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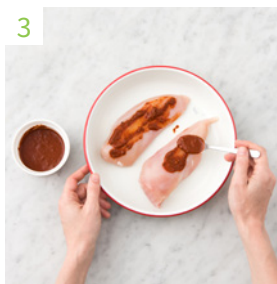


**You will need:** chef's knife, chopping board, oven tray lined with baking paper, large bowl, medium frying pan and tongs.

**1** Preheat the oven to **220°C/200°C** fan-forced.

**2** Place the **sweet potato** on the prepared oven tray and toss in the **olive oil**. Season with **salt** and **pepper**. Place the sweet potato in the oven and cook for **30 minutes**, or until golden and tender.

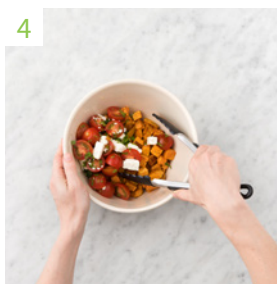
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**3** Meanwhile, place the **free range chicken breast** in a large bowl. Coat in the **Mexican spice mix**. Season with salt and pepper. Set aside to marinate while you make the salad.

**4** Combine the **roma tomato**, **fetta cheese**, **coriander** and roasted sweet potato in a large bowl. Season to taste with salt and pepper. Pour over the **balsamic vinegar** and toss to coat. Set aside.

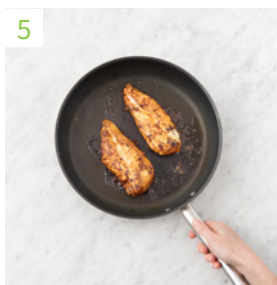
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**5** Heat a dash of olive oil in a medium frying pan over a medium-high heat. Cook the chicken for **4-5 minutes** each side, or until cooked through.

**6** To serve, divide the Mexican spiced chicken and rainbow salad between plates. Enjoy!

5



**Did you know?** Sweet potatoes are a good source of fibre when eaten with the skin on.