



Aussie Chicken & Cheesy Pumpkin Wedges

with Salad & Tartare Sauce

Grab your Meal Kit
with this symbol



Butternut Pumpkin



Grated Parmesan
Cheese



Cherry Tomatoes



Chicken Breast



Aussie Spice
Blend



Mustard Cider
Dressing



Spinach &
Rocket Mix



Flaked Almonds



Tartare Sauce

Hands-on: 20-30 mins
Ready in: 35-45 mins

Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

Eat Me Early

Simple, clean flavours are the highlight of this modern Aussie dish. With mouth-watering chicken coated in our popular Aussie spice blend and roasted pumpkin given a cheesy finish, we think you'll be licking the plate clean.

Pantry items

Olive Oil, Balsamic Vinegar

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 · Large frying pan

Ingredients

	2 People refer to method	4 People refer to method
olive oil*	1 drizzle	2 drizzles
butternut pumpkin	1 medium	1 large
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
cherry tomatoes	1 punnet	2 punnets
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
mustard cider dressing	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)
flaked almonds	1 medium packet	1 large packet
tartare sauce	1 medium packet	1 large packet

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2603kJ (622Cal)	422kJ (101Cal)
Protein (g)	50.2g	8.1g
Fat, total (g)	33g	5.4g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	27g	4.4g
- sugars (g)	20.8g	4.4g
Sodium (mg)	1018mg	165mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Slice the **butternut pumpkin** into thin wedges and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until golden and tender, **20 minutes**. Scatter the **grated Parmesan cheese** over the **pumpkin** then return to the oven and bake until melted and golden, **8-10 minutes**.

TIP: Peel the pumpkin if you prefer!



Get prepped

While the pumpkin is roasting, halve the **cherry tomatoes**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Flavour the chicken

In a large bowl, combine the **chicken steaks**, **Aussie spice blend** and a drizzle of **olive oil**. Toss to coat and set aside.



Cook the chicken

Heat a large frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **chicken steaks** until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: The chicken is cooked through when it's no longer pink inside.



Make the salad

While the chicken is cooking, combine the **mustard cider dressing** and a drizzle of **olive oil** and **balsamic vinegar** in a large bowl. Season. Add the **cherry tomatoes** and **spinach & rocket mix** and toss to combine.



Serve up

Slice the Aussie chicken and divide between plates. Serve alongside the cheesy pumpkin wedges and salad. Garnish with the **flaked almonds**. Serve with the **tartare sauce**.

Enjoy!