



Oven-Ready Pesto Chicken Pasta Bake

with Balsamic Cherry Tomato Salad

HEAT & EAT



Grab your Meal Kit with this symbol



Pesto Chicken Pasta Bake



Snacking Tomatoes



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing

Prep in: 5-15 mins
Ready in: 45-55 mins

Calorie Smart

Want dinner on the table in 3 easy steps? Simply heat up our oven-ready pesto chicken pasta bake and serve it with a balsamic cherry tomato side salad. This is home cooking made easy, with minimal prep and maximum flavour.

Pantry items
Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pesto chicken pasta bake	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
spinach & rocket mix	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 bottle (25ml)	2 bottles (50ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2651kJ (634Cal)	549kJ (131Cal)
Protein (g)	30.7g	6.4g
Fat, total (g)	29.7g	6.2g
- saturated (g)	9.5g	2g
Carbohydrate (g)	58.7g	12.2g
- sugars (g)	5.6g	1.2g
Sodium (mg)	1007mg	209mg

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.

1



2



3



Heat the pasta

- Preheat oven to **200°C/180°C fan-forced**.
- Remove plastic film from **pesto chicken pasta bake** and cover tightly with foil.
- Bake until warmed through, **30 minutes**.
- Remove from oven and remove foil. Bake until golden, a further **10 minutes**.

Make the salad

- When the pasta bake has **10 minutes** remaining, slice **snacking tomatoes** in half.
- In a large bowl, combine **snacking tomatoes, spinach & rocket mix, balsamic vinaigrette**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Serve up

- Divide pesto chicken pasta bake and cherry tomato salad between plates. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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