



# Herby Chicken & Veggie Tomato Stew

with Basil Pesto & Garlic Ciabatta

MEDITERRANEAN WINTER

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Chicken Breast



Garlic & Herb Seasoning



Passata



Chicken Stock Pot



Baby Spinach Leaves



Bake-At-Home Ciabatta



Basil Pesto



Chilli Flakes (Optional)



Diced Bacon

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter

## 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

## You will need

Oven tray lined with baking paper · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
zucchini	1	2
garlic	3 cloves	6 cloves
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
chicken stock pot	1 packet (20g)	2 packets (40g)
<b>water*</b>	¾ cup	1½ cups
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
<b>butter*</b>	20g	40g
bake-at-home ciabatta	1	2
basil pesto	1 packet	2 packets
chilli flakes  (optional)	pinch	pinch
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2820kJ (674Cal)	473kJ (113Cal)
Protein (g)	47.9g	8g
Fat, total (g)	28.9g	4.8g
- saturated (g)	8.4g	1.4g
Carbohydrate (g)	52.4g	8.8g
- sugars (g)	16.8g	2.8g
Sodium (mg)	1812mg	304mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3208kJ (767Cal)	501kJ (120Cal)
Protein (g)	54.8g	8.6g
Fat, total (g)	35.6g	5.6g
- saturated (g)	10.9g	1.7g
Carbohydrate (g)	53.2g	8.3g
- sugars (g)	17.3g	2.7g
Sodium (mg)	2243mg	350mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



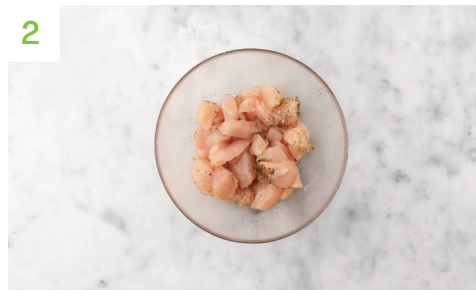
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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **zucchini** into bite-sized chunks.
- Place on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

2



## Get prepped

- Meanwhile, finely chop **garlic**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **chicken, garlic & herb seasoning** and a drizzle of **olive oil**.

3



## Cook the chicken

- When veggies have **10 minutes** remaining, in a large saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Reduce heat to medium, then add half the **garlic** and cook until fragrant, **1 minute**.

**Custom Recipe:** If you've added diced bacon, in a medium frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer bacon to a bowl. Wipe out and return the saucepan to high heat. Continue as above.

4

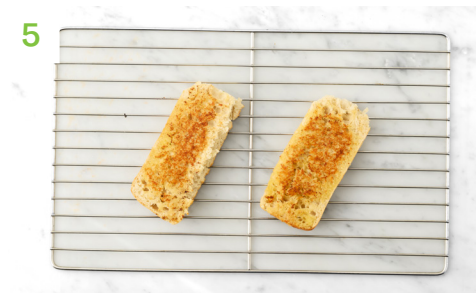


## Make the stew

- To saucepan, stir in **passata, chicken stock pot**, the **water** and the **brown sugar**, until slightly thickened, **2-3 minutes**.
- Remove from heat and stir through **roasted veggies, baby spinach leaves** and the **butter**, until wilted and combined. Season to taste.

**Custom Recipe:** Stir through the cooked diced bacon with the roast veggies, baby spinach leaves and the butter.

5



## Grill the ciabatta

- Meanwhile, slice **bake-at-home ciabatta** in half lengthways.
- Place directly on wire oven racks and bake until heated through, **5 minutes**.
- In a small heatproof bowl, microwave a generous drizzle of **olive oil** and remaining **garlic** in **10 second** bursts, until fragrant.
- Brush **garlic oil** over cut sides of the ciabatta. Season with **salt** and **pepper**.

6



## Serve up

- Divide herby tomato and veggie stew between bowls. Top with **basil pesto** and a pinch of **chilli flakes** (if using).
- Serve with garlic ciabatta. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)