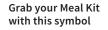


Herby Chicken & Veggie Tomato Stew with Basil Pesto & Garlic Ciabatta

MEDITERRANEAN WINTER















Chicken Breast



Garlic & Herb



Seasoning



Chicken Stock



Baby Spinach

Basil Pesto



Bake-At-Home Ciabatta



Chilli Flakes (Optional)



A winter stew is on the menu tonight, filled with tasty chicken and loaded with some gorgeous veggies. This dish is not bread again when you can make it just as good at home!

Eat Me Early

Prep in: 25-35 mins

Ready in: 30-40 mins

complete without homemade garlic ciabatta. Whip this up in a flash and trust us when we say, you won't be buying garlic

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

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	2 People	4 People		
olive oil*	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	2 medium sachets OR 1 large sachet		
passata	1 box	2 boxes		
chicken stock pot	1 packet (20g)	2 packets (40g)		
water*	⅔ cup	1⅓ cups		
brown sugar*	1 tsp	2 tsp		
baby spinach leaves	1 small bag	1 medium bag		
butter*	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)		
* Dental Home ** Custom Pasing Ingradient				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2851kJ (681Cal)	478kJ (114Cal)
Protein (g)	45.6g	7.7g
Fat, total (g)	30.9g	5.2g
- saturated (g)	9g	1.5g
Carbohydrate (g)	52.4g	8.8g
- sugars (g)	16.8g	2.8g
Sodium (mg)	1824mg	306mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3239kJ (774Cal)	505kJ (121Cal)
Protein (g)	52.5g	8.2g
Fat, total (g)	37.7g	5.9g
- saturated (g)	11.5g	1.8g
Carbohydrate (g)	53.2g	8.3g
- sugars (g)	17.3g	2.7g
Sodium (mg)	2254mg	352mg

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.

We're here to help!

Scan here if you have any questions or concerns





Roast the veggies

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



Get prepped

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



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 large saucepan, 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.



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.



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.



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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