



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

A winter stew is on the menu tonight, filled with tasty chicken and loaded with some gorgeous veggies. This dish is not complete without homemade garlic ciabatta. Whip this up in a flash and trust us when we say, you won't be buying garlic bread again when you can make it just as good at home!

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
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*	¾ cup	1½ 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)

*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**.



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.



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.



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**.



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.



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!

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