



Cheesy Tomato Chicken Melts

with Roast Root Veggies & Garlicky Greens

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Green Beans



Chicken Thigh



Aussie Spice Blend



Tomato Relish



Cheddar Cheese



Baby Spinach Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

Load up chicken breasts with the kind of toppings that will guarantee they're devoured: vibrant tomato relish, and of course, cheese! The slight sweetness and acidity in the relish works a treat with the melted Cheddar, while the simple-but-delish veggie sides do their part to make this a nutritionally balanced meal.

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

Pantry items

Olive Oil, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
garlic	1 clove	2 cloves
green beans	1 small bag	1 medium bag
chicken thigh	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet OR 2 medium sachets
tomato relish	1 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
butter*	10g	20g
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2114kJ (505Cal)	373kJ (89Cal)
Protein (g)	42.4g	7.5g
Fat, total (g)	20.6g	3.6g
- saturated (g)	9.6g	1.7g
Carbohydrate (g)	36.4g	6.4g
- sugars (g)	15.9g	2.8g
Sodium (mg)	950mg	168mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2039kJ (487Cal)	360kJ (86Cal)
Protein (g)	46g	8.1g
Fat, total (g)	16.8g	3g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	36.4g	6.4g
- sugars (g)	15.9g	2.8g
Sodium (mg)	933mg	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.

1



Roast the veggies

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

TIP: If your oven tray is crowded, divide the veggies between two trays.

Little cooks: Help out by tossing the veggies with the olive oil and salt.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Trim **green beans**.

3



Prep the chicken

- Place **chicken thigh** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.
- In a medium bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.
- Transfer **chicken** to a second lined oven tray.

Little cooks: Take the lead by mixing the spice blend mixture and turning the chicken in it to coat. Remember to wash your hands well afterwards!

Custom Recipe: If you've swapped to chicken breast, prep and season chicken as above.

4



Bake the chicken

- Spread **tomato relish** over chicken, then sprinkle with **Cheddar cheese**.
- Bake until chicken is cooked through (when no longer pink inside) and cheese is melted and golden, **8-12 minutes**.

Little cooks: Top the chicken with the relish and cheese!

Custom Recipe: Top chicken with relish and cheese and bake as above.

5



Cook the greens

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until softened, **4-5 minutes**.
- Add **baby spinach leaves**, **garlic** and the **butter**. Cook until spinach is wilted, **1-2 minutes**. Season to taste.

6



Serve up

- Divide cheesy tomato chicken melts between plates.
- Serve with roast root veggies and garlicky greens. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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