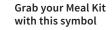
# **Cheesy Tomato Chicken Melts**

with Roast Root Veggies & Garlicky Greens

KID FRIENDLY











Green Beans

Chicken Thigh

**Aussie Spice** 





Tomato Relish



**Baby Spinach** Leaves





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

Eat Me Early



simple-but-delish veggie sides do their part to make this a nutritionally balanced meal.

**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  $\cdot$  Large frying pan

#### Ingredients

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	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		

<sup>\*</sup>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)	<b>360kJ</b> (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.



# 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.



# Get prepped

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



#### 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.



#### 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.



# 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.



# Serve up

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



Scan here if you have any questions or concerns







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