



Quick Red Pesto Chicken

with Panzanella-Style Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Bake-At-Home Ciabatta



Italian Herbs



Chicken Thigh



Red Pesto



Mixed Salad Leaves



Parmesan Cheese



Garlic Aioli



Salmon

Prep in: 15-25 mins
Ready in: 25-35 mins



Carb Smart*

*Custom Recipe is not Carb Smart



Eat Me First

Our rich red pesto transforms this fuss-free meal into something special. Slather it on juicy seared chicken, serve with a garlicky crouton-adorned salad, and you have a dish that brings the Italian vibes to the table.

CUSTOM RECIPE

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

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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 frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
bake-at-home ciabatta	½	1
Italian herbs	1 medium sachet	1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
red pesto	1 packet (50g)	1 packet (100g)
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
Parmesan cheese	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
salmon**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2528kJ (604Cal)	859kJ (205Cal)
Protein (g)	41.5g	14.1g
Fat, total (g)	39.2g	13.3g
- saturated (g)	6.9g	2.3g
Carbohydrate (g)	20.8g	7.1g
- sugars (g)	6.1g	2.1g
Sodium (mg)	602mg	205mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3039kJ (726Cal)	1129kJ (270Cal)
Protein (g)	37.9g	14.1g
Fat, total (g)	53.7g	19.9g
- saturated (g)	8.7g	3.2g
Carbohydrate (g)	23.1g	8.6g
- sugars (g)	6.1g	2.3g
Sodium (mg)	550mg	204mg

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



1



Bake the croutons

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**.
- Tear or cut **bake-at-home ciabatta (see ingredients)** into small chunks.
- Place **ciabatta** on a lined oven tray. Drizzle with **olive oil** and sprinkle with **garlic** and **Italian herbs**. Season, then toss to coat.
- Bake until golden, **8-10 minutes**.

Custom Recipe: If you've upgraded to salmon, pat salmon dry with paper towel (this will help the skin crisp up in the pan!). Season both sides.

3



Make the salad

- While the chicken is cooking, combine the **honey** and a drizzle of **olive oil** and the **vinegar** in a large bowl. Season to taste.
- Add **mixed salad leaves, Parmesan cheese** and **croutons**. Toss to coat.

2



Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through (when it's no longer pink inside), **10-14 minutes** each side.
- Remove pan from heat and add **red pesto**, turning **chicken** to coat.

Custom Recipe: Heat a drizzle of olive oil in a large frying pan over a medium-high heat. Cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Remove pan from heat and add red pesto, turning salmon to coat.

4



Serve up

- Slice red pesto chicken.
- Divide panzanella-style salad between plates. Top with chicken, spooning over any pan juices.
- Serve with **garlic aioli**. Enjoy!

Custom Recipe: Top salad with red pesto salmon, spooning over any extra pesto from the pan. Serve with garlic aioli.

Rate your recipe

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