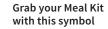
Quick Red Pesto Chicken with Panzanella-Style Salad & Garlic Aioli



















Italian Herbs

Chicken Thigh





Mixed Salad Leaves





Parmesan Cheese



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

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.



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

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 \cdot Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	1 clove	2 cloves		
bake-at-home ciabatta	1/2	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.



Scan here if you have any questions or concerns





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.



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.



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.



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