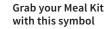


Easy Pesto-Crusted Chicken with Roast Potato & Rainbow Salad

KID FRIENDLY









Parmesan Cheese

Panko Breadcrumbs





Chicken Breast

Creamy Pesto Dressing





Carrot

Chopped Potato

Deluxe Salad





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

Eat Me First



In this surprisingly simple recipe, creamy pesto adds a rich and herby flavour to the juicy chicken breast, while also working as the glue for the Parmesan crust. Serve with a couple of colourful veggie sides to balance out the richness.

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



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

Two oven trays lined with baking paper

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
Parmesan cheese	1 medium packet	1 large packet		
panko breadcrumbs	½ medium packet	1 medium packet		
chicken breast	1 small packet	2 small packets OR 1 large packet		
creamy pesto dressing	1 packet (50g)	1 packet (100g)		
chopped potato	1 medium bag	1 large bag		
carrot	1/2	1		
honey*	½ tsp	1 tsp		
vinegar* (white wine or balsamic)	drizzle	drizzle		
deluxe salad mix	1 medium bag	1 large bag		
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)	2601kJ (622Cal)	505kJ (121Cal)
Protein (g)	45.2g	8.8g
Fat, total (g)	29.7g	5.8g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	39.8g	7.7g
- sugars (g)	6.9g	1.3g
Sodium (mg)	367mg	71mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	638kJ (152Cal)
Protein (g)	40.3g	8.2g
Fat, total (g)	45.4g	9.3g
- saturated (g)	8.6g	1.8g
Carbohydrate (g)	42.1g	8.6g
- sugars (g)	6.9g	1.4g
Sodium (mg)	322mg	66mg

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.



Bake the chicken

- Preheat oven to 240°C/220°C fan-forced. Combine Parmesan cheese, panko breadcrumbs (see ingredients) and a pinch of salt in a medium bowl. Set aside.
- Place chicken breast on a lined oven tray. Drizzle with olive oil, then season
 generously with salt. Turn to coat. Spread half the creamy pesto dressing
 over top of chicken. Spoon over panko-Parmesan mixture, gently pressing
 so it sticks.
- Drizzle chicken with olive oil. Bake until crumb is golden and chicken is cooked through (when no longer pink inside), 14-18 minutes.



Make the salad

- Meanwhile, grate carrot (see ingredients).
- In a large bowl, combine the honey with a drizzle of the vinegar and olive oil.
- Add **carrot** and **deluxe salad mix**, tossing to combine. Season to taste.



Roast the potato

- Meanwhile, spread chopped potato over a large microwave-safe plate.
 Cover with a damp paper towel. Microwave potatoes on high, 3 minutes.
- Drain any excess liquid, then place potatoes on a second lined oven tray.
 Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until golden and tender, 10-15 minutes.

Custom Recipe: If you've upgraded to salmon, pat salmon dry with a paper towel and place on a second lined oven tray, skin-side down. Drizzle with olive oil and season with salt, turning to coat. Spread pesto over the top of each salmon fillet, then top with panko-Parmesan mixture, gently pressing so it sticks. Bake until just cooked through, 8-10 minutes.



Serve up

- Divide pesto-crusted chicken, roast potato and rainbow salad between plates.
- Serve with remaining creamy pesto dressing. Enjoy!

