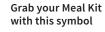# HELLO FRESH

Pesto-Crusted Chicken
with Roast Potato & Rainbow Salad

CUSTOMER FAVOURITE   KID FRIENDLY   CLIMATE SUPERSTAR   DIETITIAN APPROVED*

Parmesan Cheese

Panko Breadcrumbs

Chicken Breast

Creamy Pesto Dressing

Potato

Carrot

Deluxe Salad Mix

Salmon

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

Carb Smart

Eat Me First

*Custom Recipe is not Dietitian Approved

In this surprisingly simple recipe, creamy pesto adds a rich and herby flavour to the juicy chicken breast, while also helping the Parmesan crust to stick. 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.**

Pantry items

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

A

Before you start

Wash your hands and any fresh food.

You will need

Two oven trays lined with baking paper

Ingredients

	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)
potato	2	4
carrot	½	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)	2543kJ (608Cal)	479kJ (114Cal)
Protein (g)	45.4g	8.6g
Fat, total (g)	29.6g	5.6g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	37.2g	7g
- sugars (g)	9.3g	1.8g
Sodium (mg)	371mg	70mg
Dietary Fibre (g)	7.6g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728Cal)	603kJ (144Cal)
Protein (g)	40g	7.9g
Fat, total (g)	45.2g	8.9g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	38.3g	7.6g
- sugars (g)	9.3g	1.8g
Sodium (mg)	344mg	68mg
Dietary Fibre (g)	7.6g	1.4g

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!
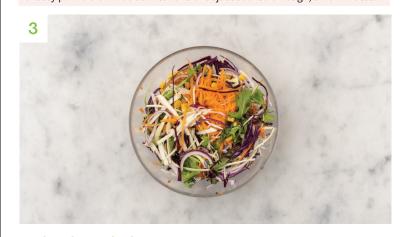
Scan here if you have any questions or concerns

1

Bake the 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. Squeeze half the **creamy pesto dressing** onto the **chicken** and sprinkle 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**.

Custom Recipe: If you've upgraded to salmon, pat salmon dry with a paper towel and place on a lined oven tray skin-side down. Drizzle with olive oil and season with salt, gently turn to coat. Top salmon with creamy pesto and cheesy panko crumb as above. Bake until just cooked through, 8-10 minutes.

2

Roast the potato

- Meanwhile, cut **potato** into bite-sized chunks. Spread **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**.

3

Make the salad

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

4

Serve up

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

Rate your recipe

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Let our culinary team know: **hellofresh.com.au/rate**