



# Baked Garlic & Herb Chicken

with Roast Veggie Toss & Creamy Pesto Dressing

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Zucchini



Chicken Breast



Garlic & Herb Seasoning



Baby Spinach Leaves



Creamy Pesto Dressing



Pepitas



Salmon

Prep in: 15-25 mins  
Ready in: 35-45 mins



Calorie Smart\*

\*Custom recipe is not Calorie Smart



Eat Me First

You can't go wrong with garlic and herbs or vibrant roasted veggies or creamy pesto. This meal is a greatest hits of our favourite flavours, with juicy chicken breast leading the way. Follow our tips for little cooks and get the kids involved, too!

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

### Pantry items

Olive Oil

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
beetroot	1	2
zucchini	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
<b>water*</b>	1 tsp	2 tsp
pepitas	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)	2692kJ (643Cal)	438kJ (105Cal)
Protein (g)	44.8g	7.3g
Fat, total (g)	31.8g	5.2g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	44.1g	7.2g
- sugars (g)	23.3g	3.8g
Sodium (mg)	662mg	108mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3196kJ (764Cal)	543kJ (130Cal)
Protein (g)	39.4g	6.7g
Fat, total (g)	47.3g	8g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	45.2g	7.7g
- sugars (g)	23.3g	4g
Sodium (mg)	634mg	108mg

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](https://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



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.
- Cut **zucchini** into thick rounds.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**. Allow to cool slightly.

**TIP:** Beetroot stays firm when it is cooked. It's done when you can pierce it with a fork.

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## Bring it all together

- Once the roasted veggies have cooled, add **baby spinach leaves** to the tray and toss to combine. Season.
- In a small bowl, combine **creamy pesto dressing** and the **water**.

**Little cooks:** Help combine the pesto and water!

2



## Bake the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken steaks**, turning to coat.
- When veggies have **15 minutes** remaining, place **chicken steaks** on a second lined oven tray. Bake until browned and cooked through (when no longer pink inside), **14-16 minutes**.

**Custom Recipe:** If you've upgraded to salmon, season salmon as above. When veggies have 12 minutes remaining, place salmon on a second lined oven tray. Bake until salmon is just cooked through, 8-12 minutes.

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## Serve up

- Slice garlic and herb chicken.
- Divide roast veggie toss between plates. Top with chicken, spooning over any resting juices.
- Drizzle with creamy pesto dressing and sprinkle with **pepitas** to serve. Enjoy!

**Little cooks:** Add the finishing touches by drizzling the pesto and sprinkling the pepitas on top.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)