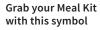


Baked Garlic & Herb Chicken

with Roast Veggie Toss & Creamy Pesto Dressing

KID FRIENDLY CLIMATE SUPERSTAR





Beetroot

Sweet Potato



Zucchini



Baby Spinach

Leaves

Chicken Breast





Creamy Pesto Dressing

Pepitas



You can't go wrong with garlic and herbs or vibrant roasted veggies or creamy pesto. This meal is a greatest hits

Pantry items Olive Oil

Prep in: 15-25 mins Calorie Smart* Ready in: 35-45 mins *Custom recipe is not 1 Eat Me First Calorie Smart

of our favourite flavours, with juicy chicken breast leading the way. Follow our tips for little cooks and get the kids involved, too!

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
olive oil*	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)
water*	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** 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 2024 | CW03





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.

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- 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.



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!



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 mintues.



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