

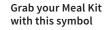
# Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Sweet Potato & Nutty Salad

FAMILY FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR







Sweet Potato



Seasoning



Chicken Breast



Basil Pesto





Cheddar Cheese



Carrot



Garlic Aioli

Mixed Salad Leaves





Flaked Almonds





Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me Early

Meet the chicken of your dreams! With a cheesy crust and tasty pockets of basil pesto, every bite is a flavour bomb. Teamed with crispy roast sweet potatoes and a fresh salad, this is definitely a dinner worth staying in for.

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

**Pantry items** Olive Oil, Balsamic Vinegar

# 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  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken breast	1 small packet	2 small packets OR 1 large packet
basil pesto	1 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3123kJ (746Cal)	<b>541kJ</b> (129Cal)
Protein (g)	52g	9g
Fat, total (g)	43.2g	7.5g
- saturated (g)	8g	1.4g
Carbohydrate (g)	35.7g	6.2g
- sugars (g)	11.4g	2g
Sodium (mg)	863mg	150mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3914kJ</b> (935Cal)	<b>527kJ</b> (126Cal)
Protein (g)	83.3g	11.2g
Fat, total (g)	50.2g	6.8g
- saturated (g)	10.1g	1.4g
Carbohydrate (g)	35.3g	4.8g
- sugars (g)	11.2g	1.5g
Sodium (mg)	961mg	129mg

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.



# Roast the sweet potato

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato into bite-sized chunks.
- Place sweet potato on a lined oven tray. Drizzle with olive oil, sprinkle with garlic & herb seasoning and season with pepper. Toss to coat.
- Roast until tender, 25-30 minutes.

TIP: Add less seasoning if you're not a fan of garlic!



# Prep the chicken

- Meanwhile, cut deep slices into chicken breast at 1cm intervals, taking care not to slice all the way through.
- Place chicken, cut-side up, on a second lined oven tray. Spoon basil pesto into the slices.
  Season with salt and pepper, then sprinkle with Cheddar cheese.

**Little cooks:** Help stuff the chicken with the pesto before sprinkling it with the cheese. Make sure to wash your hands well afterwards!

**Custom Recipe:** If you've doubled your chicken breast, prepare and cook chicken as above.



### Bake the hasselback chicken

 Bake chicken until browned and cooked through, 12-16 minutes (depending on thickness).

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Spread chicken over two lined oven trays if your tray is getting crowded.



# Prep the salad

- Meanwhile, roughly chop tomato.
- Grate carrot.

**Little cooks:** Older kids, help grate the carrot under adult supervison!



# Toss the salad

- In a large bowl, combine a drizzle of olive oil and balsamic vinegar.
- Season, then add tomato, carrot and mixed salad leaves. Toss to combine.

**Little cooks:** Lend a hand by combining the dressing and tossing the salad!



# Serve up

- Divide pesto and Cheddar hasselback chicken, garlic-herb roast sweet potatoes and salad between plates.
- Sprinkle **flaked almonds** over salad.
- Serve with garlic aioli. Enjoy!