

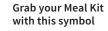
# Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Potato & Nutty Salad

FAMILY FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR









Seasoning





Basil Pesto

Chicken Breast





Cheddar Cheese



Carrot



Mixed Salad

Leaves

Garlic Aioli





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 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 · Large frying pan

### Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
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)	3161kJ (755Cal)	548kJ (131Cal)
Protein (g)	49.4g	8.6g
Fat, total (g)	45.5g	7.9g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	35.7g	6.2g
- sugars (g)	11.4g	2g
Sodium (mg)	876mg	152mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3838kJ (917Cal)	517kJ (124Cal)
Protein (g)	88.6g	11.9g
Fat, total (g)	45.7g	6.2g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	35.9g	4.8g
- sugars (g)	11.4g	1.5g
Sodium (mg)	933mg	126mg

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 potato

- Preheat oven to 220°C/200°C fan-forced.
- Cut potato into bite-sized chunks.
- Place 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 potatoes and salad between plates.
- · Sprinkle flaked almonds over salad.
- · Serve with garlic aioli. Enjoy!



