

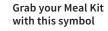
Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Potato & Nutty Salad

FAMILY FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR









Seasoning





Chicken Breast

Basil Pesto





Cheddar Cheese



Carrot

Mixed Salad Leaves





Garlic Aioli

Flaked Almonds



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



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

Ingredients

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	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

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3156kJ (754Cal)	547kJ (131Cal)
Protein (g)	49.8g	8.6g
Fat, total (g)	45.1g	7.8g
- saturated (g)	8.6g	1.5g
Carbohydrate (g)	35.7g	6.2g
- sugars (g)	11.4g	2g
Sodium (mg)	874mg	151mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3827kJ (914Cal)	509kJ (121Cal)
Protein (g)	88g	11.7g
Fat, total (g)	45.7g	6.1g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	36.1g	4.8g
- sugars (g)	9.9g	1.3g
Sodium (mg)	931mg	124mg

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 each 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 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: Cook chicken as above, spreading the 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!

