

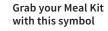
# Pesto-Crusted Chicken

with Roast Potato & Rainbow Salad

KID FRIENDLY

**CLIMATE SUPERSTAR** 

DIETITIAN APPROVED\*









Parmesan Cheese

Panko Breadcrumbs



Chicken Breast









Potato



Deluxe Salad Mix





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

Eat Me First



Carb Smart\*

\*Custom Recipe is not Dietitian Approved or Carb Smart

In this surprisingly simple recipe, creamy pesto adds a rich and herby flavour to the juicy chicken breast, while also helping the Parmesan crust to stick. Serve with a couple of colourful veggie sides to balance out the richness.

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

### **Pantry items**

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

# 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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
Parmesan cheese	1 medium packet	1 large packet	
panko breadcrumbs	½ medium packet	1 medium packet	
chicken breast	1 small packet	2 small packets OR 1 large packet	
creamy pesto dressing	1 packet (50g)	1 packet (100g)	
potato	2	4	
carrot	1/2	1	
honey*	½ tsp	1 tsp	
vinegar* (white wine or balsamic)	drizzle	drizzle	
deluxe salad mix	1 medium bag	1 large bag	
salmon**	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)	2538kJ (607Cal)	478kJ (114Cal)
Protein (g)	46.1g	8.7g
Fat, total (g)	29.2g	5.5g
- saturated (g)	6.2g	1.2g
Carbohydrate (g)	37.6g	7.1g
- sugars (g)	9.7g	1.8g
Sodium (mg)	369mg	70mg
Dietary Fibre (g)	7.5g	1.4g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728Cal)	603kJ (144Cal)
Protein (g)	40.2g	8g
Fat, total (g)	45.2g	8.9g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	38.6g	7.6g
- sugars (g)	9.8g	1.9g
Sodium (mg)	344mg	68mg

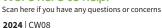
The quantities provided above are averages only.

# 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!



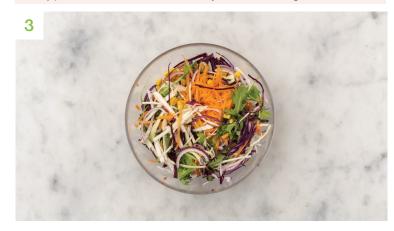




### Bake the chicken

- Preheat oven to 240°C/220°C fan-forced. Combine Parmesan cheese, panko breadcrumbs (see ingredients) and a pinch of salt in a medium bowl. Set aside.
- Place chicken breast on a lined oven tray. Drizzle with olive oil, then season generously with salt. Turn to coat. Squeeze half the creamy pesto dressing onto the chicken and sprinkle over panko-Parmesan mixture, gently pressing so it sticks.
- Drizzle chicken with **olive oil**. Bake until crumb is golden and chicken is cooked through (when no longer pink inside), 14-18 minutes.

**Custom Recipe:** If you've upgraded to salmon, pat salmon dry with a paper towel and place on a lined oven tray, skin-side down. Drizzle with olive oil and season with salt, gently turn to coat. Top salmon with creamy pesto and cheesy panko crumb as above. Bake until just cooked through, 8-10 minutes.



## Make the salad

- Meanwhile, grate carrot (see ingredients).
- Combine the **honey** with a drizzle of **vinegar** and **olive oil** in a large bowl.
- Add carrot and deluxe salad mix, tossing to combine. Season to taste.



# Roast the potato

- Meanwhile, cut **potato** into bite-sized chunks.
- Spread **potato** over a large microwave-safe plate. Cover with a damp paper towel. Microwave potatoes on high, 3 minutes.
- Drain any excess liquid, then place **potatoes** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, 10-15 minutes.



# Serve up

- Divide pesto-crusted chicken, roast potato and rainbow salad between plates.
- Serve with remaining creamy pesto dressing. Enjoy!

#### Rate your recipe

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