



# Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Sweet Potato & Nutty Salad

FAMILY FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Chicken Breast



Basil Pesto



Cheddar Cheese



Tomato



Carrot



Mixed Salad Leaves



Flaked Almonds



Garlic Aioli



Chicken Breast

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>balsamic vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
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)	3123kJ (746Cal)	541kJ (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)	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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!

4



## Prep the salad

- Meanwhile, roughly chop **tomato**.
- Grate **carrot**.

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

2



## 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 chicken as above. Spread over two trays if your oven tray is getting crowded.

5



## 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!

3



## 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.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)