

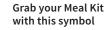
# Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Sweet Potato & Nutty Salad

FAMILY FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR







Sweet Potato



Seasoning



Chicken Breast







Basil Pesto

Cheddar Cheese



Carrot



Mixed Salad

Leaves



Flaked Almonds



Garlic Aioli





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.



# **Pantry items**

### 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                             |
|----------------------------|-----------------|--------------------------------------|
| olive oil*                 | refer to method | refer to method                      |
| sweet potato               | 2               | 4                                    |
| garlic & herb<br>seasoning | 1 medium sachet | 1 large sachet                       |
| chicken breast             | 1 small packet  | 2 small packets<br>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<br>vinegar*       | drizzle         | drizzle                              |
| mixed salad<br>leaves      | 1 medium packet | 1 large acket                        |
| flaked almonds             | 1 medium packet | 1 large packet                       |
| garlic aioli               | 1 medium packet | 1 large packet                       |
| chicken breast**           | 1 small packet  | 2 small packets<br>OR 1 large packet |

<sup>\*</sup>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 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 chicken as above. Spread over two trays if your oven tray is getting crowded.



#### 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.



#### 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 a dollop of garlic aioli. Enjoy!



Scan here if you have any questions or concerns



