



Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Potato & Nutty Salad

FAMILY FAVOURITE

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



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 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
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium 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 packet	1 large packet
flaked almonds	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



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!

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 potatoes and salad between plates.
- Sprinkle **flaked almonds** over salad.
- Serve with a dollop of **garlic aioli**. Enjoy!

Rate your recipe

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