

Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Sweet Potato & Nutty Salad

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol











Chicken Breast



Basil Pesto





Cheddar Cheese





Carrot



Mixed Salad Leaves



Flaked Almonds



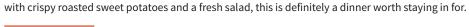
Garlic Aioli



Pantry items Olive Oil, Balsamic Vinegar

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

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 \cdot Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet 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 medium packet	2 medium packets	
Cheddar cheese	1 medium packet	1 large packet	
snacking tomatoes	1 medium packet	2 medium packets	
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	
*n			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3136kJ (750Cal)	508kJ (121Cal)
52.1g	8.4g
43.3g	7g
8g	1.3g
36.2g	5.9g
10.1g	1.6g
870mg	141mg
	3136kJ (750Cal) 52.1g 43.3g 8g 36.2g 10.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3848kJ (920Cal)	492kJ (118Cal)
Protein (g)	88.7g	11.3g
Fat, total (g)	45.7g	5.8g
- saturated (g)	8.8g	1.1g
Carbohydrate (g)	36.4g	4.7g
- sugars (g)	10.1g	1.3g
Sodium (mg)	941mg	120mg

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 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. Spread chicken over two lined oven trays if your 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 snacking tomatoes.
- 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 garlic aioli. Enjoy!



