



Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Sweet Potato & Nutty Salad

KID FRIENDLY

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Chicken Breast



Basil Pesto



Cheddar Cheese



Snacking Tomatoes



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 roasted 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 · Large frying pan

Ingredients

	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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3136kJ (750Cal)	508kJ (121Cal)
Protein (g)	52.1g	8.4g
Fat, total (g)	43.3g	7g
- saturated (g)	8g	1.3g
Carbohydrate (g)	36.2g	5.9g
- sugars (g)	10.1g	1.6g
Sodium (mg)	870mg	141mg

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.

We're here to help!

Scan here if you have any questions or concerns



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 **snacking tomatoes**.
- Grate **carrot**.

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

2



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.

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 **garlic aioli**. Enjoy!

Rate your recipe

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