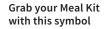


Pesto-Crusted Chicken & Potato Chunks

with Rainbow Salad

KID FRIENDLY

CLIMATE SUPERSTAR









Parmesan Cheese

Panko Breadcrumbs



Chicken Breast







Potato





Deluxe Salad Mix





Prep in: 15-25 mins Ready in: 25-35 mins

Eat Me First



In this surprisingly simple recipe, creamy pesto adds a rich and herby flavour to the juicy chicken breast, while also helping the Parmesan crust to stick. Serve with a couple of colourful veggie sides to balance out the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
Parmesan cheese	1 medium packet	1 large packet		
panko breadcrumbs	½ medium packet	1 medium packet		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
creamy pesto dressing	1 medium packet	1 large packet		
potato	2	4		
carrot	1/2	1		
honey*	½ tsp	1 tsp		
vinegar* (white wine or balsamic)	drizzle	drizzle		
deluxe salad mix	1 medium packet	1 large packet		
salmon**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	472kJ (113Cal)
Protein (g)	48.3g	9.1g
Fat, total (g)	27.4g	5.2g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	37.6g	7.1g
- sugars (g)	9.7g	1.8g
Sodium (mg)	357mg	67mg
Dietary Fibre (g)	7.5g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728Cal)	603kJ (144Cal)
Protein (g)	40.2g	8g
Fat, total (g)	45.2g	8.9g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	38.6g	7.6g
- sugars (g)	9.8g	1.9g
Sodium (mg)	344mg	68mg
Dietary Fibre	7.4g	1.5g

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





Bake the chicken

- Preheat oven to 240°C/220°C fan-forced. Combine Parmesan cheese, panko breadcrumbs (see ingredients) and a pinch of salt in a medium bowl. Set aside.
- Place chicken breast on a lined oven tray. Drizzle with olive oil, then season
 generously with salt. Turn to coat. Squeeze half the creamy pesto dressing
 onto the chicken and sprinkle over panko-Parmesan mixture, gently
 pressing so it sticks.
- Drizzle chicken with olive oil. Bake until crumb is golden and chicken is cooked through (when no longer pink inside), 14-18 minutes.

Custom Recipe: If you've upgraded to salmon, pat salmon dry with a paper towel and place on a lined oven tray, skin-side down. Drizzle with olive oil and season with salt, gently turn to coat. Top salmon with creamy pesto and cheesy panko crumb as above. Bake until just cooked through, 8-10 minutes.



Make the salad

- Meanwhile, grate carrot (see ingredients).
- Combine the **honey** with a drizzle of **vinegar** and **olive oil** in a large bowl.
- Add carrot and deluxe salad mix, tossing to combine. Season to taste.



Roast the potato

- Meanwhile, cut **potato** into bite-sized chunks.
- Spread potato over a large microwave-safe plate. Cover with a damp paper towel. Microwave potatoes on high, 3 minutes.
- Drain any excess liquid, then place potatoes on a second lined oven tray.
 Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until golden and tender, 10-15 minutes.



Serve up

- Divide pesto-crusted chicken, roast potato and rainbow salad between plates.
- Serve with remaining creamy pesto dressing. Enjoy!

Rate your recipe

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