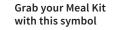
Cheesy Tomato Chicken Melts

with Roast Root Veggies & Garlicky Greens

KID FRIENDLY

















Green Beans





Chicken Thigh





Tomato Relish

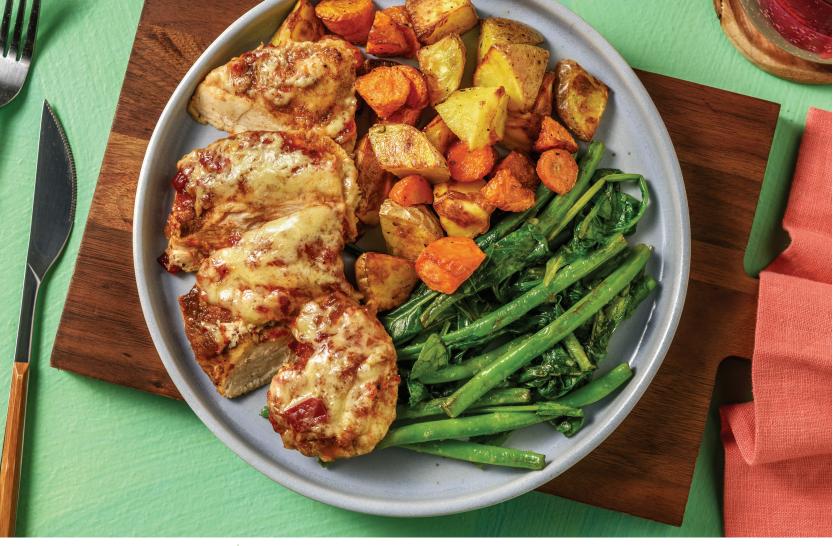






Baby Spinach Leaves





Prep in: 20-30 mins Ready in: 30-40 mins



Load up chicken breasts with the kind of toppings that will guarantee they're devoured: vibrant tomato relish, and of course, cheese! The slight sweetness and acidity in the relish works a treat with the melted Cheddar, while the simple-but-delish veggie sides do their part to make this a nutritionally balanced meal.

Pantry items Olive Oil, Butter

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

in ign concrite				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
carrot	1	2		
garlic	1 clove	2 cloves		
green beans	1 small packet	1 medium packet		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet OR 2 medium sachets		
tomato relish	1 medium packet	2 medium packets		
Cheddar cheese	1 medium packet	1 large packet		
baby spinach leaves	1 small packet	1 medium packet		
butter*	10g	20g		
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)	2071kJ (494Cal)	390kJ (93Cal)
Protein (g)	42.1g	7.9g
Fat, total (g)	20.5g	3.9g
- saturated (g)	9.6g	1.8g
Carbohydrate (g)	34.4g	6.5g
- sugars (g)	14.1g	2.7g
Sodium (mg)	933mg	176mg
Dietary Fibre (g)	8.2g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1960kJ (468Cal)	369kJ (88Cal)
Protein (g)	48.5g	9.1g
Fat, total (g)	14.6g	2.7g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	34.4g	6.5g
- sugars (g)	13.9g	2.6g
Sodium (mg)	902mg	170mg
Dietary Fibre	8.3g	1.2g

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 veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato and carrot into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Little cooks: Help out by tossing the veggies with the olive oil and salt.



Get prepped

- Meanwhile, finely chop garlic.
- · Trim green beans.



Prep the chicken

- · Place chicken thigh between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.
- In a medium bowl, combine Aussie spice blend, a drizzle of olive oil and a pinch of salt. Add chicken, turning to coat.
- Transfer chicken to a second lined oven tray.

Little cooks: Take the lead by mixing the spice blend mixture and turning the chicken in it to coat. Remember to wash your hands well afterwards!

Custom Recipe: If you've swapped to chicken breast, prepare and season chicken as above.



Bake the chicken

- · Spread tomato relish over chicken, then sprinkle with Cheddar cheese.
- · Bake until chicken is cooked through (when no longer pink inside) and cheese is melted and golden, 8-12 minutes.

Little cooks: Top the chicken with the relish and cheese!

Custom Recipe: Top chicken with relish and cheese and bake as above.



Cook the greens

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- · Cook green beans, tossing, until softened, 4-5 minutes.
- Add baby spinach leaves, garlic and the butter. Cook until spinach is wilted, 1-2 minutes. Season to taste.



Serve up

- · Divide cheesy tomato chicken melts between plates.
- Serve with roast root veggies and garlicky greens. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

