

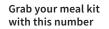
# Pesto-Crusted Chicken & Potato Chunks

with Rainbow Salad

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR









Parmesan Cheese

Panko Breadcrumbs



Chicken Thigh









Carrot

Potato



Deluxe Salad







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

Eat Me Early





**Protein Rich** 

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
Parmesan cheese	1 medium packet	1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
chicken thigh	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
*Pantry Items		

#### runti y items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2501kJ (598cal)	266kJ (64cal)
Protein (g)	48.2g	5.1g
Fat, total (g)	27.2g	2.9g
- saturated (g)	5.7g	0.6g
Carbohydrate (g)	37.7g	4g
- sugars (g)	9.7g	1g
Sodium (mg)	358mg	38mg
Dietary Fibre (g)	7.3g	0.8g

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.



#### 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 thigh 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), 14-16 minutes.



#### Make the salad

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



# 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, potato chunks and rainbow salad between plates.
- Serve with remaining creamy pesto dressing. Enjoy!







