

# Pesto-Crusted Chicken & Potato Chunks

with Rainbow Salad

HELLOHERO

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

24



Parmesan Cheese



Panko Breadcrumbs



Chicken Tenderloins

Creamy Pesto  
Dressing

Potato



Carrot

Deluxe Salad  
Mix



Salmon

Chicken  
Breast

## Recipe Update

We've replaced the chicken breast in this recipe with chicken tenderloins due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

 Carb Smart Protein Rich Eat Me Early

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

## Pantry items

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



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

\*Pantry 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](https://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 tenderloins** 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), **8-10 minutes**.



## Make the salad

- While the potato is roasting, 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### SWAP TO SALMON

Follow method above. Bake until crumb is golden and salmon is just cooked through, 8-10 minutes.



#### SWAP TO CHICKEN BREAST

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

