



# Pesto Hasselback Chicken

with Garlic-Herb Roast Potato & Nutty Salad

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

13



Potato



Garlic & Herb Seasoning



Chicken Breast



Basil Pesto



Cheddar Cheese



Snacking Tomatoes



Carrot



Mixed Salad Leaves



Flaked Almonds



Garlic Aioli



Chicken Breast



Chicken Thigh

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 roast potatoes and a fresh salad, this is definitely a dinner worth staying in for.

### Pantry items

Olive Oil, Balsamic Vinegar



## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
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 packet	2 packets
Cheddar cheese	1 medium packet	1 large packet
snacking tomatoes	1 packet	2 packets
carrot	1	2
<b>balsamic vinegar*</b>	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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3203kJ (766cal)	491kJ (75cal)
Protein (g)	52.6g	8.1g
Fat, total (g)	44.3g	6.8g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	38.3g	5.9g
- sugars (g)	9.5g	1.5g
Sodium (mg)	883mg	135.4mg
Dietary Fibre (g)	12.4g	1.9g

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.

1



## Roast the potato

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **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!

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!

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.

4



## Prep the salad

- Meanwhile, halve **snacking tomatoes**.
- Grate **carrot**.

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

5



## Toss the salad

- In a large bowl, combine a drizzle of **olive oil** and **balsamic vinegar**.
- Season, then add **tomatoes, carrot** and **mixed salad leaves**. Toss to combine.

**Little cooks:** Lend a hand by combining the dressing and tossing the salad!

6



## Finish & serve

- Divide pesto hasselback chicken, garlic-herb roast potatoes and salad between plates.
- Sprinkle **flaked almonds** over salad.
- Serve with **garlic aioli**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

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

