



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



Diced Bacon

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

Ingredients

	2 People	4 People
olive oil*	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
balsamic vinegar*	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)	3274kJ (782Cal)	502kJ (119Cal)
Protein (g)	57.3g	8.8g
Fat, total (g)	43.7g	6.7g
- saturated (g)	8.4g	1.3g
Carbohydrate (g)	42.5g	6.5g
- sugars (g)	10.2g	1.6g
Sodium (mg)	889mg	136mg
Dietary Fibre (g)	13.4g	2.1g

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 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**.



Prep the salad

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

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



Prep the chicken

- Meanwhile, cut deep slices into each **chicken breast** in 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!



Toss the salad

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

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



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.



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 | CW07



CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

+ ADD DICED BACON

Cook in a frying pan, breaking up with a spoon, 4-6 minutes. Sprinkle over potatoes to serve.

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

