



Cheesy Capsicum Chicken Melts

with Roast Veggies & Greens

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Green Beans



Chicken Breast



Chargrilled Capsicum Relish



Shredded Cheddar Cheese



Baby Spinach Leaves



Aussie Spice Blend

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Calorie Smart
 Eat me early

Load up chicken breasts with flavour before baking them until golden and tender. Chargrilled capsicum relish and melted Cheddar combine to make a sensational topping that everyone will happily devour!

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	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 bag (100g)	1 bag (200g)
chicken breast	1 small packet	1 large packet
chargrilled capsicum relish	½ packet (50g)	1 packet (100g)
shredded Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	10g	20g
Aussie spice blend	1 sachet	2 sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2213kJ (528Cal)	384kJ (91Cal)
Protein (g)	50.3g	8.7g
Fat, total (g)	18g	3.1g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	37.7g	6.5g
- sugars (g)	11.1g	1.9g
Sodium (mg)	844mg	146mg

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 the oven to **220°C/200°C fan-forced**. Cut the **potato** and **carrot** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **25-30 minutes**.



Bake the chicken

Spread the **chargrilled capsicum relish** (see ingredients) over the **chicken breast** and sprinkle with the **shredded Cheddar cheese**. Bake until cooked through, **8-12 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Trim the **green beans**.



Cook the greens

While the chicken is baking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, stirring, until softened, **4-5 minutes**. Add the **baby spinach leaves**, **garlic** and **butter** and cook until the spinach has wilted, **1-2 minutes**. Season to taste.



Prep the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 2cm thick. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Season with **salt**. Add the chicken and toss to coat. Transfer the **chicken** to a second lined oven tray.



Serve up

Divide the cheesy capsicum chicken melts, greens and roasted veggies between plates.

Enjoy!