



Cheesy Tomato Chicken Melts

with Roast Root Veggies & Garlic Greens

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Green Beans



Chicken Breast



Aussie Spice Blend



Tomato Relish



Shredded Cheddar Cheese



Baby Spinach Leaves

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 the kind of toppings that will ensure they're devoured: vibrant tomato relish, and of course, cheese! The slight sweetness and acidity in the relish works a treat with the melted Cheddar, while the simple-but-delish veggie sides do their part to make this a nutritionally balanced meal.

Unfortunately, this week's capsicum was in short supply due to harsh weather conditions, so we've replaced it with green beans. Don't worry, the recipe will be just as delicious!

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 small bag	1 medium bag
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
tomato relish	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
butter*	10g	20g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2386kJ (570Cal)	366kJ (87Cal)
Protein (g)	44.6g	6.8g
Fat, total (g)	22.6g	3.5g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	42.2g	6.5g
- sugars (g)	15.7g	6.5g
Sodium (mg)	998mg	153mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

2



Get prepped

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

3



Prep the chicken

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

4



Bake the chicken

Spread the **tomato relish** over the **chicken**, then 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.

5



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, **3-4 minutes**. Add the **baby spinach leaves**, **garlic** and **butter** and cook until the spinach is wilted, **1-2 minutes**. Season to taste.

6



Serve up

Divide the cheesy tomato chicken melts between plates. Serve with the roast root veggies and garlic greens.

Enjoy!

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