



Cheesy Hasselback Chicken Breast

with Chargrilled Capsicum Relish & Roast Veggie Toss



Make hasselback chicken



Potato



Zucchini



Carrot



Chicken Breast



Shredded Cheddar
Cheese



Chargrilled Capsicum
Relish



Greek Yoghurt



Baby Spinach Leaves

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Hasselback chicken? You better believe it. This handy little trick is just the thing for adding flavour to chicken breast. Plus, it stops the chicken from drying out. Fill the slices with a combination of Cheddar cheese and chargrilled capsicum relish, and you have an easy weeknight win that the family will rave about!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, small bowl, large bowl** and **tongs**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **zucchini** into 3cm chunks. Cut the **carrot** (unpeeled) into 2cm chunks.
TIP: Cut the veggies to the correct size to ensure they cook in the allocated time.



2 ROAST THE VEGGIES

Add the **potato, zucchini** and **carrot** to an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat and spread in an even layer on the tray. Roast for **25-30 minutes**, or until tender.



3 SLICE THE CHICKEN

While the vegetables are roasting, cut deep slices **across the chicken breast** in 1cm intervals. **TIP:** Be careful not to slice the chicken all the way through! Place the chicken breast, cut-side up, on the second oven tray lined with baking paper and stuff the slices with the **chargrilled capsicum relish** and **shredded Cheddar cheese**. Season with a **pinch of salt** and **pepper** and roast for **12-16 minutes**, or until cooked through.
TIP: Cook times will vary depending on the size of the fillet.



4 SEASON THE YOGHURT

While the chicken is cooking, in a small bowl, combine the **Greek yoghurt** with a **pinch of salt** and **pepper**.



5 MAKE THE VEGGIE TOSS

In a large bowl, add the roasted veggies, **baby spinach leaves, 1 tbs of olive oil** and the **vinegar**. Season with a **pinch of salt** and **pepper** and toss to coat.
TIP: Dress the salad just before serving to keep the leaves crisp.



6 SERVE UP

Divide the cheesy hasselback chicken and the roast veggie toss between plates. Serve with the seasoned yoghurt.
TIP: For kids, follow our serving suggestion in the recipe photo!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
zucchini	1
carrot	2
chicken breast	1 packet
chargrilled capsicum relish	1 tub (75 g)
shredded Cheddar cheese	1 packet (50 g)
Greek yoghurt	1 tub (100 g)
baby spinach leaves	1 bag
vinegar* (white wine or red wine)	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2350kJ (562Cal)	398kJ (95Cal)
Protein (g)	49.2g	8.3g
Fat, total (g)	23.3g	3.9g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	35.4g	6.0g
- sugars (g)	8.7g	1.5g
Sodium (g)	326mg	55mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
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Enjoy!