



# Cheesy Pesto Hasselback Chicken

with Garlic-Herb Potatoes & Garden Salad

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Chicken Breast



Basil Pesto



Shredded Cheddar Cheese



Slivered Almonds



Tomato



Carrot



Mixed Salad Leaves



Garlic Aioli

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Low Calorie

Get ready to 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
basil pesto	1 sachet (50g)	1 sachet (100g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
slivered almonds	1 packet	1 packet
tomato	1	2
carrot	1	2
mixed salad leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar*	1 tsp	2 tsp
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2293kJ (548Cal)	380kJ (90Cal)
Protein (g)	45.1g	7.5g
Fat, total (g)	22.6g	3.7g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	37.3g	6.2g
- sugars (g)	10.5g	1.7g
Sodium (mg)	706mg	117mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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 the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Add the **potato** and **garlic & herb seasoning** to an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **pepper**. Toss to coat, then spread out in a single layer. Place on the top shelf and roast until tender, **25-30 minutes**.

**TIP:** Add less seasoning if you're not a fan of garlic!



## 2. Prep the hasselback chicken

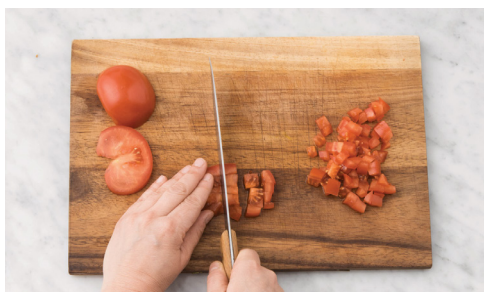
While the potato is roasting, cut deep slices into the **chicken breast** at 1cm intervals, taking care not to slice all the way through. Place the **chicken**, cut-side up, on a second oven tray lined with baking paper. Stuff the slices with the **basil pesto**. Season with a **generous pinch** of **salt** and **pepper**, then sprinkle with the **shredded Cheddar cheese**.



## 3. Bake the hasselback chicken

Place on the lower shelf and bake the **chicken** until cooked through, **12-16 minutes** (depending on thickness). In the last **5 minutes** of chicken cook time, add the **slivered almonds** to the side of the tray to toast.

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



## 4. Prep the salad

While the chicken is baking, roughly chop the **tomato**. Grate the **carrot**.



## 5. Make the salad

In a large bowl, combine the **tomato**, **carrot**, **mixed salad leaves**, a small **drizzle** of **olive oil** and the **balsamic vinegar**. Season to taste with **salt** and **pepper** and toss to coat.



## 6. Serve up

Divide the cheesy pesto hasselback chicken, garlic-herb potatoes and garden salad between plates. Serve with the **garlic aioli** and scatter over the slivered almonds.

**TIP:** For the low-calorie option, omit the garlic aioli and slivered almonds.

Enjoy!