



# CHEESY RED PESTO CHICKEN MELTS

with Herbed Potato Wedges & Veggies



Top chicken breast with red pesto



Potato



Italian Herbs



Carrot



Green Beans



Lemon



Garlic



Red Pesto



Chicken Breast



Shredded Cheddar Cheese

**Pantry Staples:** Olive Oil, Butter

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

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

Our red pesto is a pocket rocket, jam-packed with flavour thanks to sun-dried tomatoes, basil and chargrilled capsicum. Spread it over chicken breast and sprinkle with cheese to make these irresistible chicken melts, and add some herby potato wedges and veggies to create a meal that's got 'delicious' written all over it!

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



## 1 BAKE THE WEDGES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper and sprinkle with the **Italian herbs**. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top rack of the oven until tender, **25-30 minutes**.



## 2 GET PREPPED

While the wedges are baking, thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans**. Slice the **lemon** into wedges. Finely chop the **garlic** (or use a garlic press). In a small bowl, combine the garlic and **red pesto**.



## 3 PREPARE 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. Transfer the chicken to a second oven tray lined with baking paper. Season with **salt** and **pepper**, **drizzle** with **olive oil** and toss to coat. Spread the **pesto mixture** over the chicken and sprinkle with **shredded Cheddar cheese**.



## 4 BAKE THE CHICKEN

Bake the chicken on the bottom rack of the oven until cooked through, **8-12 minutes**.

**TIP:** Chicken cook times will vary depending on the size of the fillet.



## 5 COOK THE VEGGIES

While the chicken is in the oven, heat a large frying pan over a medium-high heat. Add the **butter** and a **drizzle** of **olive oil** (to stop the butter from burning!) and cook until melted. Add the **carrot** and cook until starting to soften, **2-3 minutes**. Add the **green beans** and cook until tender, **3-4 minutes**. Season with a **pinch** of **salt** and **pepper**.



## 6 SERVE UP

Divide the red pesto chicken melts between plates and spoon over the juices from the tray. Serve with the potato wedges, veggies and lemon wedges.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
Italian herbs	1 sachet
carrot	2
green beans	1 bag (400 g)
lemon	1
garlic	2 cloves
red pesto	1 tub (100 g)
chicken breast	1 packet
shredded Cheddar cheese	1 packet (100 g)
butter*	20 g

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2940kJ (702Cal)	479kJ (114Cal)
Protein (g)	52.7g	8.6g
Fat, total (g)	37.0g	6.0g
- saturated (g)	12.4g	2.0g
Carbohydrate (g)	35.2g	5.7g
- sugars (g)	6.3g	1.0g
Sodium (g)	352mg	57mg

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

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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