

Cheesy Tomato Chicken Melts

with Roast Root Veggies & Garlicky Veggies

Grab your Meal Kit with this symbol



Turnip



Potato



Garlic



Carrot



Aussie Spice Blend



Baby Spinach Leaves



Chicken Breast



Tomato Relish



Shredded Cheddar Cheese



Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!


Prep in: 20-30 mins
Ready in: 30-40 mins



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs

 Carb Smart

Load up chicken breasts with the kind of toppings that will guarantee 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.

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
turnip	1	2
potato	2	4
garlic	1 clove	2 cloves
carrot	1	2
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
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)	2166kJ (518Cal)	376kJ (90Cal)
Protein (g)	47.9g	8.3g
Fat, total (g)	18.4g	3.2g
- saturated (g)	10.2g	1.8g
Carbohydrate (g)	38.5g	6.7g
- sugars (g)	15.9g	2.8g
Sodium (mg)	973mg	169mg
Dietary Fibre (g)	9.7g	1.7g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **turnip**, then cut into bite-sized chunks. Cut **potato** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

Little cooks: Help out by tossing the veggies with the olive oil and salt.

4



Bake the chicken

- Spread **tomato relish** over **chicken**, then sprinkle with **shredded Cheddar cheese**.
- Bake until chicken is cooked through (when no longer pink inside) and cheese is melted and golden, **8-12 minutes**.

Little cooks: Top the chicken with the relish and cheese!

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **carrot** into half-moons.

3



Prep the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick.
- In a medium bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.
- Transfer **chicken** to a second lined oven tray.

Little cooks: Take the lead by mixing the spice blend mixture and turning the chicken in it to coat. Remember to wash your hands well afterwards!

5



Cook the veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, tossing, until softened, **4-5 minutes**.
- Add **baby spinach leaves, garlic** and the **butter**. Cook until spinach is wilted, **1-2 minutes**. Season to taste.

6



Serve up

- Divide cheesy tomato chicken melts between plates.
- Serve with roast root veggies and garlicky veggies. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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