

Easy Fetta & Tomato Hasselback Chicken

with Pear Salad & Spiced Potatoes



Chopped Potato



Nan's Special Seasoning



Chicken Breast



Tomato Relish



Fetta Cubes



Carrot



Pear



Mixed Salad Leaves



Hands-on: **15-25 mins**
Ready in: **30-40 mins**



Calorie Smart



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early

We know you love your hasselback chicken. This super satisfying version feels a bit fancy, and even happens to be low cal!

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
chopped potato	1 packet	2 packets
Nan's special seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
tomato relish	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
carrot	1	2
pear	½	1
mixed salad leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2181kJ (521Cal)	382kJ (91Cal)
Protein (g)	48.4g	8.5g
Fat, total (g)	14.2g	2.5g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	45.5g	8g
- sugars (g)	18g	8g
Sodium (mg)	1039mg	182mg

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 potato

- Preheat oven to **220°C/200°C fan-forced**.
- Place the **chopped potato** and **Nan's special seasoning** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then spread out in a single layer.
- Roast on the middle or top oven rack until tender, **25-30 minutes**.

3



Make the salad

- While chicken is baking, grate **carrot**. Thinly slice **pear** (see ingredients).
- In a large bowl, combine **carrot**, **pear** and **mixed salad leaves**. Drizzle with **olive oil** and **balsamic vinegar**. Toss to coat. Season to taste.

2



Bake the hasselback chicken

- Meanwhile, cut deep slices, taking care to not slice all the way through, across the **chicken breast** at 1cm intervals. Season, then place, cut-side up, on a second lined oven tray.
- Top with **tomato relish**. Crumble over the **fetta cubes**.
- Bake on the bottom oven rack until cooked through, **12-16 minutes**.

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

4



Serve up

- Divide the fetta and tomato hasselback chicken between plates.
- Serve with the pear salad and spiced potatoes.

Enjoy!

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