

Quick Pesto-Crusted Chicken

with Roast Potato & Rainbow Salad

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Shaved Parmesan Cheese



Panko Breadcrumbs



Chicken Breast



Creamy Pesto Dressing



Chopped Potato



Carrot



Deluxe Salad Mix



Salmon

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart*
**Custom Recipe is not Carb Smart*

Eat Me First

In this surprisingly simple recipe, creamy pesto adds a rich and herby flavour to the juicy chicken breast, while also working as the glue for the Parmesan crust. Serve with a couple of colourful veggie sides to balance out the richness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
panko breadcrumbs	½ medium packet	1 medium packet
chicken breast	1 small packet	1 large packet
creamy pesto dressing	1 packet (50g)	1 packet (100g)
chopped potato	1 medium bag	1 large bag
carrot	½	1
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618Cal)	476kJ (114Cal)
Protein (g)	44.9g	8.3g
Fat, total (g)	30.1g	5.5g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	38.7g	7.1g
- sugars (g)	9.9g	1.8g
Sodium (mg)	382mg	70mg
Dietary Fibre (g)	8g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3182kJ (761Cal)	614kJ (147Cal)
Protein (g)	40.2g	7.8g
Fat, total (g)	47.9g	9.2g
- saturated (g)	9.1g	1.8g
Carbohydrate (g)	40.2g	7.8g
- sugars (g)	9.9g	1.9g
Sodium (mg)	334mg	64mg

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.

We're here to help!

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Bake the chicken

- Preheat oven to **240°C/220°C fan-forced**. Combine **shaved Parmesan cheese**, **panko breadcrumbs** (see ingredients) and a pinch of **salt** in a medium bowl. Set aside.
- Place **chicken breast** on a lined oven tray. Drizzle with **olive oil**, then season generously with **salt**. Turn to coat. Spread 1/2 the **creamy pesto dressing** over top of **chicken**. Spoon over **panko-Parmesan mixture**, gently pressing so it sticks.
- Drizzle **chicken** with **olive oil**. Bake until crumb is golden and chicken is cooked through (when no longer pink inside), **14-18 minutes**.



Make the salad

- Meanwhile, grate **carrot** (see ingredients).
- Combine the **honey** with a drizzle of the **white wine vinegar** and **olive oil** in a large bowl.
- Add **carrot** and **deluxe salad mix**, tossing to combine. Season to taste.



Roast the potato

- Meanwhile, spread **chopped potato** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **potatoes** on high, **3 minutes**.
- Drain any excess liquid, then place **potatoes** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **10-15 minutes**.

Custom Recipe: If you've upgraded to salmon, pat it dry and place on a second lined oven tray skin-side down. Drizzle with olive oil and season with salt, turning to coat. Spread pesto over the top of each salmon fillet, then top with panko-Parmesan mixture, gently pressing so it sticks. Bake until just cooked through, 8-10 minutes.



Serve up

- Divide pesto-crusted chicken, roast potato and rainbow salad between plates.
- Serve with remaining creamy pesto dressing. Enjoy!

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