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WK38  
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## Garlic Chicken with Basil Ratatouille & Warm Herb Rolls

This a holy trinity of fantastic flavours. From the rich garlicky flavour of chicken breast to a warming basil ratatouille to perfectly warm herb rolls, you'll love every bite of this warming supper.



**Prep:** 10 mins

**Cook:** 20 mins

**Total:** 30 mins



level 1



nut free



eat me early

### Pantry Items



Olive Oil



Red Wine Vinegar



Free Range Chicken Breast



Garlic



Red Onion



Red Capsicum



Zucchini



Diced Tomatoes



Basil



Bake-At-Home Herb Rolls



Fetta Cheese

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## QTY

## Ingredients

4-5 fillets	free range chicken breast	
1 tbs	olive oil *	
2 cloves	garlic, peeled & crushed	⊕
1	red onion, finely sliced	
1	red capsicum, cut into 2 cm chunks	
2	zucchini, cut into half moons	⊕
2 tins	diced tomatoes	
1 tbs	red wine vinegar *	
1 bunch	basil leaves, roughly chopped	
7	bake-at-home herb rolls	
1 block	fetta cheese, crumbled	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

## Nutrition per serve

Energy	2170	Kj
Protein	48.8	g
Fat, total	20.1	g
-saturated	7.5	g
Carbohydrate	32.9	g
-sugars	8.3	g
Sodium	623	mg

2a



**You will need:** *chef's knife, chopping board, garlic crusher, large frying pan, tongs, medium bowl, baking paper lined oven tray and wooden spoon.*

**1** Preheat the oven to **200°C/180°C fan-forced**.

**2** Heat a large frying pan over a medium-high heat. Coat the **chicken breast** in half of the **olive oil** and the crushed **garlic** and season with **salt** and **pepper**. Cook the chicken in the frying pan for **2-3 minutes** on each side, until lightly browned, and then transfer to the prepared oven tray. Cook the chicken in the oven for **10-12 minutes**, or until cooked through. Remove from the oven and slice into 1 cm thick slices.

**3** Meanwhile, in the same frying pan used to cook the chicken, heat the remaining olive oil over a medium-high heat. Add the **red onion**, **red capsicum** and **zucchini** and cook, stirring, for **5 minutes**, or until soft. Add the **diced tomatoes** and **red wine vinegar** and bring to the boil. Reduce heat to low and simmer for **10 minutes**. Season to taste with salt and pepper. Stir through the **basil leaves**, reserving a few to garnish with.

**4** Meanwhile, place the **bake-at-home herb rolls** in the oven and bake for **5 minutes** until heated through.

**5** To serve, divide the basil ratatouille between plates. Top with the crumbled **fetta cheese** and sliced chicken and serve with the crusty herb bread rolls.

2b



3a



3b



**Did you know?** Due to its high acetic acid content, vinegar aids in the absorption of calcium (which is especially useful for those who are lactose intolerant!).