

Garlic & Herb Chicken

with Roast Veggies & Pesto Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Carrot



Capsicum



Garlic & Herb Seasoning



Chicken Breast



Pepitas



Baby Spinach Leaves



Creamy Pesto Dressing



Salmon



Hands-on: **25-35 mins**
Ready in: **30-40 mins**



Eat Me First



Naturally Gluten-Free
Not suitable for coeliacs

You can't go wrong with garlic and herbs, or roasted veggies, or creamy pesto dressing... Know where we're going with this? That's right, this meal is a greatest hits of our favourite flavours, with juicy chicken breast leading the way.



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

Pantry items

Olive Oil

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
sweet potato	2	4
zucchini	1	2
carrot	1	2
capsicum	1	2
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
pepitas	1 medium packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*	1 tsp	2 tsp
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2952kJ (705Cal)	397kJ (94Cal)
Protein (g)	49.2g	6.6g
Fat, total (g)	29.8g	4g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	53.5g	7.2g
- sugars (g)	32.8g	4.4g
Sodium (mg)	666mg	90mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3460kJ (827Cal)	465kJ (111Cal)
Protein (g)	40.4g	5.4g
Fat, total (g)	50.8g	6.8g
- saturated (g)	8.6g	1.2g
Carbohydrate (g)	46.4g	6.2g
- sugars (g)	25.7g	6.2g
Sodium (mg)	590mg	79mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** and **capsicum** into bite-sized chunks. Cut the **zucchini** into half-moons. Slice the **carrot** into half-moons.



Cook the chicken

Return the frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness).

TIP: *The chicken is cooked through when it's no longer pink inside.*

CUSTOM RECIPE

Pat the salmon dry with paper towel and season both sides. When the oil is hot, cook the salmon, skin side down first, until just cooked through, 2-4 minutes each side.



Roast the veggies

Place the **sweet potato** and **carrot** on a lined oven tray. On a second lined oven tray, place the **zucchini** and **capsicum**. Drizzle both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Toss the salad

In a large bowl, combine the roast **veggies** and **baby spinach leaves**, and toss well to combine. In a small bowl, combine the **creamy pesto dressing** with the **water**.



Flavour the chicken

While the veggies are roasting, combine the **garlic & herb seasoning** and a drizzle of **olive oil** in a large bowl. Season. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to the **garlic & herb mixture** and toss to coat.

CUSTOM RECIPE

If you've upgraded to salmon, combine the salmon with garlic & herb seasoning and olive oil in a medium bowl.



Serve up

Slice the garlic and herb chicken. Divide the roast veggies between plates. Top with the chicken and spoon over any chicken resting juices. Sprinkle with the **pepitas** and drizzle with the creamy pesto dressing to serve.

CUSTOM RECIPE

Serve salmon whole on the roasted veggie mix. Continue with step.

Enjoy!