



FETTA, CAPSICUM & OLIVE TAPENADE HASSELBACK CHICKEN

with Oregano Roast Veggie Medley



Learn to make a hasselback chicken breast



Sweet Potato



Garlic



Zucchini



Red Onion



Red Capsicum



Chicken Breast



Olive Tapenade



Green Mizuna



Dried Oregano



Fetta

Hands-on: **20** mins
Ready in: **35** mins

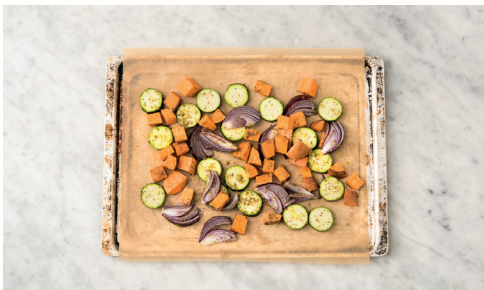
Eat me early

We're bringing hasselback tonight. We can't lie, this handy technique for adding a tonne of flavour to chicken breast has become one of our favourites and with good reason: a little bit of prep goes a long way with this amazing technique.

Pantry Staples: Olive Oil, Salt, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **two oven trays** lined with **baking paper**, **garlic crusher**, **small bowl**, **spoon** and a **large bowl**.



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 2 cm chunks. Slice the **zucchini** into 1 cm discs. Cut the **red onion** into 2 cm wedges. **TIP:** Cut the veggies to the correct size to ensure they cook in the allocated time. Place the veggies on the oven tray lined with baking paper. Drizzle with **olive oil** and sprinkle with **dried oregano**, **salt** (use suggested amount) and a **pinch** of **pepper**. Place in the oven for **20-25 minutes**, or until golden.



4 COOK THE CHICKEN

Place the chicken in the oven to cook for **12-14 minutes**, or until the chicken is cooked through. **TIP:** The chicken is cooked when it is no longer pink in the middle.



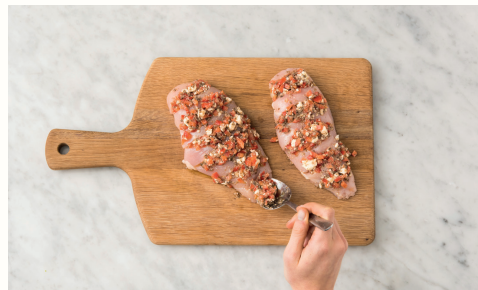
2 GET PREPPED

While the veggies are cooking, peel and crush the **garlic**. Finely dice the **red capsicum**. Crumble the **fetta**. In a small bowl, combine the **garlic**, **red capsicum**, **fetta** and **olive tapenade**. **TIP:** Use less tapenade if it is not to your taste preference. Drizzle with **olive oil**, season to taste with a **pinch** of **salt** and **pepper** and mix well.



5 MAKE THE ROAST VEGGIE TOSS

Once cooked, remove the veggies from the oven. In a large bowl, toss the veggies with the **green mizuna leaves**, **balsamic vinegar** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). **TIP:** Dress the veggies just before serving to prevent soggy leaves.



3 PREP THE CHICKEN

Use a sharp knife to cut 5-6 slices (crossways) into each **chicken breast** about 2 cm apart. **TIP:** Be sure not to cut all the way through the chicken! Transfer the chicken, cut-side up, to the second oven tray lined with baking paper. **TIP:** If there is enough room, you can use the oven tray with the veggies. Stuff each cut with a spoonful of the **olive-fetta mixture** and spoon any remaining mixture over the chicken.



6 SERVE UP

Divide the fetta, capsicum and olive tapenade hasselback chicken between plates and serve with the oregano roast veggie medley on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	200 g	400 g
zucchini	1	2
red onion	1	2
dried oregano	1 sachet (2 tsp)	2 sachets (1 tbs)
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
red capsicum	1	2
fetta	1 block (50 g)	1 block (100 g)
olive tapenade	1 tub (50 g)	1 tub (100 g)
chicken breast	1 packet	1 packet
green mizuna	1 bag	1 bag
balsamic vinegar*	2 tsp	1 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2150kJ (514Cal)	333kJ (80Cal)
Protein (g)	49.2g	7.6g
Fat, total (g)	20.6g	3.2g
- saturated (g)	7.4g	1.1g
Carbohydrate (g)	28.6g	4.4g
- sugars (g)	17.4g	2.7g
Sodium (g)	1020mg	158mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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