



# Herby Chicken & Roast Veggie Salad

with Kale, Semi-Dried Tomatoes & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Beetroot



Carrot



Zucchini



Kale



Garlic



Garlic & Herb Seasoning



Chicken Thigh



Semi-Dried Tomatoes

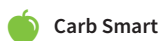


Creamy Pesto Dressing



Chicken Breast

Prep in: 20-30 mins  
Ready in: 35-45 mins



Eat Me Early

Brimming with sweet and earthy roast veggies, tender sautéed kale and rich semi-dried tomatoes for an extra burst of flavour, this is what every salad should look like! Top with perfectly seasoned and seared chicken thigh, plus a good drizzle of our creamy pesto, which ties everything together like a treat.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
carrot	1	2
zucchini	1	2
kale	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
semi-dried tomatoes	½ packet	1 packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2576kJ (616Cal)	498kJ (119Cal)
Protein (g)	36.2g	7g
Fat, total (g)	43g	8.3g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	20.1g	3.9g
- sugars (g)	16.2g	3.1g
Sodium (mg)	819mg	158mg
Dietary Fibre (g)	10.6g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	485kJ (116Cal)
Protein (g)	39.1g	7.6g
Fat, total (g)	39.7g	7.7g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	20.1g	3.9g
- sugars (g)	16.2g	3.1g
Sodium (mg)	807mg	156mg
Dietary Fibre (g)	10.8g	2.1g

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](https://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!

Scan here if you have any questions or concerns



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into 1cm chunks. Cut **carrot** and **zucchini** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray (if your oven tray is crowded, divide veggies between two trays).
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Cook the kale

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **kale** and **garlic** until wilted and fragrant, **2-3 minutes**.



## Get prepped

- Meanwhile, tear **kale** leaves from the stem, then roughly chop the leaves.
- Finely chop **garlic**. Set aside.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season chicken as above.



## Bring it all together

- To the roast veggie tray, add **kale**, **semi-dried tomatoes** (see ingredients), a drizzle of **vinegar** and 1/2 the **creamy pesto dressing**.
- Toss to combine. Season to taste.

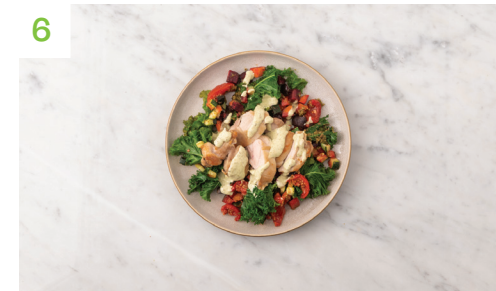


## Cook the chicken

- When the roast veggies have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**.
- Transfer to a plate. Cover to keep warm.

**TIP:** The spice blend may char slightly in the pan, this adds to the flavour!

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).



## Serve up

- Slice herby chicken.
- Divide roast veggie salad between plates. Top with chicken.
- Drizzle with remaining creamy pesto to serve. Enjoy!

## Rate your recipe

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