












# Nan's Chicken & Pesto Dressing


with Roast Veggie Toss


Grab your Meal Kit with this symbol



-  Sweet Potato
-  Carrot
-  Beetroot
-  Brown Onion
-  Chicken Breast
-  Nan's Special Seasoning
-  Flaked Almonds
-  Spinach & Rocket Mix
-  Creamy Pesto Dressing

 Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

 Eat me early

 Naturally gluten-free  
*Not suitable for Coeliacs*

Nan's special seasoning is full of flavour, thanks to paprika, pepper, onion and garlic, and when used as a coating it makes this tender chicken simply heavenly! Add a medley of veggies, crunchy flaked almonds and a drizzle of our creamy pesto dressing and it's satisfaction, guaranteed!

### 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
carrot	1	2
beetroot	1	2
brown onion	1	2
chicken breast	1 small packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
spinach & rocket mix	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (100g)	2 packets (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3304kJ (790Cal)	459kJ (110Cal)
Protein (g)	38.6g	5.4g
Fat, total (g)	45.2g	6.3g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	49.9g	6.9g
- sugars (g)	31.8g	6.9g
Sodium (mg)	686mg	95mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato**, **carrot** and **beetroot** into small chunks. Cut the **brown onion** into thick wedges. Place the **sweet potato**, **carrot**, **beetroot** and **onion** on two lined oven trays. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

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



## Cook the chicken

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

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



## Prep the chicken

While the veggies are roasting, 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 steaks to a medium bowl and drizzle with a little olive oil. Sprinkle with **Nan's special seasoning** and season with pepper. Toss to coat and set aside.



## Bring it all together

In a large bowl, combine the **roasted veggies** and **spinach & rocket mix**. Season to taste with **salt** and **pepper**.



## Flavour the chicken

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, stirring, until fragrant, **2-3 minutes**. Transfer to a plate and set aside.



## Serve up

Slice the chicken. Divide the roast veggie toss and Nan's chicken between plates. Sprinkle with the toasted flaked almonds and serve with the **creamy pesto dressing**.

Enjoy!