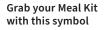


Nan's Chicken & Pesto Dressing

with Roast Veggie Toss

















Chicken Breast



Nan's Special Seasoning



Flaked Almonds



Spinach & Rocket Mix



Creamy Pesto Dressing

Pantry items Olive Oil

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



Eat me early

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!

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 \cdot 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) | |
| brown onion chicken breast Nan's special seasoning flaked almonds spinach & rocket mix creamy pesto | 1 1 small packet 1 sachet 1 packet 1 bag (30g) 1 packet | 2 1 large packet 2 sachets 2 packets 1 bag (60g) 2 packets | |

^{*}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 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.



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.



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.



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.



Bring it all together

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



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!