



Oven-Ready Pesto Chicken Pasta Bake

with Balsamic Cherry Tomato Salad

HEAT & EAT



Grab your Meal Kit with this symbol



Pesto Chicken Pasta Bake



Snacking Tomatoes



Spinach, Rocket & Fennel Mix



Balsamic Vinaigrette Dressing

Prep in: 5-15 mins
Ready in: 45-55 mins

Calorie Smart

Eat Me Early

Want dinner on the table in 3 easy steps? Simply heat up our oven-ready pesto chicken pasta bake and serve it with a balsamic cherry tomato side salad. This is home cooking made easy, with minimal prep and maximum flavour.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| pesto chicken pasta bake | 1 packet | 2 packets |
| snacking tomatoes | 1 punnet | 2 punnets |
| spinach, rocket & fennel mix | 1 medium bag | 1 large bag |
| balsamic vinaigrette dressing | 1 bottle (25ml) | 2 bottles (50ml) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2656kJ (635Cal) | 550kJ (131Cal) |
| Protein (g) | 30.6g | 6.3g |
| Fat, total (g) | 29.7g | 6.2g |
| - saturated (g) | 9.5g | 2g |
| Carbohydrate (g) | 59.1g | 12.2g |
| - sugars (g) | 5.9g | 1.2g |
| Sodium (mg) | 1000mg | 207mg |

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.

1



2



3



Heat the pasta

- Preheat oven to **200°C/180°C fan-forced**.
- Remove plastic film from **pesto chicken pasta bake** and cover tightly with foil.
- Bake until warmed through, **30 minutes**.
- Remove from oven and remove foil. Bake until golden, a further **10 minutes**.

Make the salad

- With **10 minutes** remaining on pasta bake, slice **snacking tomatoes** in half.
- In a large bowl, combine **snacking tomatoes, spinach, rocket & fennel mix, balsamic vinaigrette**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Serve up

- Divide creamy chicken pasta bake and cherry tomato salad between plates. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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