Pesto & Fetta Chicken

with Herby Wedges & Apple Salad









Potato

Seasoning



Red Onion







Basil Pesto

Chicken Breast



Fetta Cubes

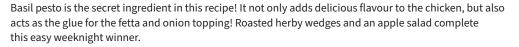


Ready in: 30-40 mins









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

| ingi caici ica | | |
|---------------------|---|--|
| 2 People | 4 People | |
| refer to method | refer to method | |
| 2 | 4 | |
| 1 sachet | 2 sachets | |
| 1 | 2 | |
| 1 | 2 | |
| 1 small packet | 1 large packet | |
| 1 packet (50g) | 1 packet (100g) | |
| 1 medium packet | 1 large packet | |
| 2 tsp | 4 tsp | |
| 1 bag (150g) | 1 bag (300g) | |
| | 2 People refer to method 2 1 sachet 1 1 small packet 1 packet (50g) 1 medium packet 2 tsp 1 bag | |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2193kJ (524Cal) | 340kJ (81Cal) |
| Protein (g) | 49.1g | 7.6g |
| Fat, total (g) | 13.7g | 2.1g |
| - saturated (g) | 5.2g | 0.8g |
| Carbohydrate (g) | 46.6g | 7.2g |
| - sugars (g) | 18g | 2.8g |
| Sodium (mg) | 901mg | 140mg |

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.



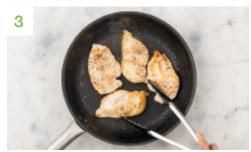
Bake the wedges

Preheat the oven to 240°C/220°C fan-forced. Cut the **potato** into wedges and place on a lined oven tray. Add the **garlic & herb seasoning**, a pinch of **pepper** and a drizzle with **olive oil**. Toss to coat and bake until tender, 20-25 minutes.



Get prepped

While the wedges are baking, thinly slice the **red onion**. Thinly slice the **apple**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Season with **salt** and **pepper**.



Brown the chicken

Heat a large frying pan over a high heat with a drizzle of **olive oil**. When the pan is hot, cook the **chicken** until browned, **2 minutes** each side (the chicken will continue cooking in step 4). Transfer to a second lined oven tray.



Bake the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Spread the **basil pesto** over the top of each **chicken**, then top with the **onion** and crumble over the **fetta cubes**. Bake until the **chicken** is cooked through, **4-5 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.



Make the salad

While the chicken is baking, combine the **white wine vinegar** and a drizzle of **olive oil** in a large bowl. Season. Add the **apple** and **deluxe salad mix**. Toss to combine.



Serve up

Divide the pesto and fetta chicken, wedges and apple salad between plates.

Enjoy!