



Pesto & Fetta Chicken

with Herby Wedges & Pear Salad

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Red Onion



Pear



Chicken Breast



Basil Pesto



Fetta Cubes



Spinach & Rocket Mix



Chicken Breast

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early
 Calorie Smart*

Basil pesto is the 'secret' ingredient in this weeknight winner. It not only adds a depth of flavour to the chicken, but also acts as the glue for the fetta and onion topping! Roasted herby wedges and a sweet, peppery salad complete the dish.



CUSTOM RECIPE

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

Pantry items

Olive Oil, Balsamic Vinegar

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
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
red onion	½	1
pear	1	2
chicken breast	1 small packet	1 large packet
basil pesto	1 packet (50g)	1 packet (100g)
fetta cubes	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 medium bag	1 large bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2637kJ (630Cal)	479kJ (114Cal)
Protein (g)	45.8g	8.3g
Fat, total (g)	30.1g	5.5g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	40.5g	7.4g
- sugars (g)	12.9g	7.4g
Sodium (mg)	1009mg	183mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3387kJ (810Cal)	474kJ (113Cal)
Protein (g)	78.8g	11g
Fat, total (g)	35.1g	4.9g
- saturated (g)	9.3g	1.3g
Carbohydrate (g)	40.5g	5.7g
- sugars (g)	12.9g	5.7g
Sodium (mg)	1100mg	154mg

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart.

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.



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **garlic & herb seasoning** and season with **pepper**. Toss to coat. Bake until tender, **20-25 minutes**.



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 **chicken**, then top with the **onion** and crumble over the **fetta cubes**. Bake until the chicken is cooked through, **4-5 minutes**.

TIP: If your oven tray is getting crowded, spread the chicken over two trays.

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



Get prepped

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



Make the salad

While the chicken is baking, combine a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Season, then add the **pear** and **spinach & rocket mix**. Toss to combine.



Sear the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chicken** until browned, **2 minutes** each side (it will finish cooking in step 4!). Transfer to a second lined oven tray.

CUSTOM RECIPE

If you've doubled your chicken breast, cook the chicken in batches for the best results!



Serve up

Divide the pesto and fetta chicken and herby wedges between plates. Serve with the pear salad.

Enjoy!

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