



# Pesto-Crusted Chicken

with Roasted Sweet Potato & Garden Salad

Grab your Meal Kit with this symbol



Sweet Potato



Grated Parmesan Cheese



Panko Breadcrumbs



Chicken Breast



Basil Pesto



Tomato



Carrot



Mixed Salad Leaves

Hands-on: 15-25 mins  
 Ready in: 40-50 mins

Calorie Smart

Eat me early

Pesto is the secret ingredient in this recipe. It not only adds delicious flavour to the chicken, but also acts as the glue for the Parmesan crust! Roasted sweet potato and a garden salad complete this easy weeknight winner.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Honey



## 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
panko breadcrumbs	½ packet	1 packet
chicken breast	1 small packet	1 large packet
basil pesto	1 sachet (50g)	1 sachet (100g)
tomato	1	2
carrot	½	1
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2278kJ (544Cal)	405kJ (96Cal)
Protein (g)	42.8g	7.6g
Fat, total (g)	20.3g	3.6g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	43.5g	7.7g
- sugars (g)	16.7g	3g
Sodium (mg)	333mg	59mg

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://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 sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time.



## Make the Parmesan topping

While the sweet potato is roasting, combine the **grated Parmesan cheese**, **panko breadcrumbs** (see ingredients) and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper** and stir to combine.



## Bake the chicken

Place the **chicken breast** on a second oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then using a spoon, spread the top of each **chicken breast** with the **basil pesto**, followed by the **panko-Parmesan mixture**, gently pressing so it sticks. Bake until the crumb is golden and the chicken is cooked through, **14-18 minutes**.

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



## Prep the salad

While the chicken is cooking, thinly slice the **tomato** into half-moons. Grate the **carrot** (see ingredients). In a medium bowl, combine the **vinegar**, **honey** and a drizzle of **olive oil**.



## Toss the salad

Add the **carrot**, **tomato** and **mixed salad leaves** to the dressing. Season with **salt** and **pepper** and toss to combine.



## Serve up

Divide the pesto-crusted chicken, roasted sweet potato and garden salad between plates.

**Enjoy!**