



# Quick Red Pesto Chicken

with Panzanella-Style Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Chicken Breast



Red Pesto



Bake-At-Home Ciabatta



Garlic



Italian Herbs



Deluxe Salad Mix



Grated Parmesan Cheese



Garlic Aioli

Prep in: 15-25 mins  
Ready in: 25-35 mins

Carb Smart Eat me early

Our rich red pesto transforms this fuss-free meal into something special. Slather it on juicy seared chicken breasts, serve with a garlicky crouton-adorned salad, and you have a dish that brings the Italian vibes to the table.

### 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 small packet	1 large packet
red pesto	1 packet (50g)	1 packet (100g)
bake-at-home ciabatta	½	1
garlic	1 clove	2 cloves
Italian herbs	1 medium sachet	1 large sachet
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
deluxe salad mix	1 medium bag	1 large bag
grated Parmesan cheese	½ packet (15g)	1 packet (30g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2420kJ (578Cal)	726kJ (174Cal)
Protein (g)	43.9g	13.2g
Fat, total (g)	34.1g	10.2g
- saturated (g)	4.5g	1.4g
Carbohydrate (g)	22.6g	6.8g
- sugars (g)	6.9g	2.1g
Sodium (mg)	534mg	160mg
Dietary Fibre (g)	4.9g	1.5g

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.

1



## Cook the chicken

- Preheat oven to **200°C/180°C fan-forced**. Place **chicken breast** and **red pesto** in a large bowl. Season with **salt** and **pepper**, then turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a lined oven tray, pouring over any extra pesto from the pan. Bake until cooked through, **8-12 minutes**.

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

3



## Make the salad

- While croutons are baking, combine the **vinegar**, **honey** and a drizzle of **olive oil** in a large bowl. Season to taste.
- Add **deluxe salad mix**, **grated Parmesan cheese** (see ingredients) and **croutons**. Toss to coat.

2



## Bake the croutons

- While chicken is baking, tear **bake-at-home ciabatta** (see ingredients) into small chunks. Finely chop **garlic**.
- Place torn **ciabatta** on a second lined oven tray. Drizzle with **olive oil** and sprinkle with **garlic** and **Italian herbs**. Season, then toss to coat.
- Bake until golden, **8-10 minutes**.

4



## Serve up

- Slice red pesto chicken.
- Divide panzanella-style salad between plates. Top with chicken, spooning over any juices from oven tray.
- Serve with **garlic aioli**.

## Enjoy!