



Quick Red Pesto Chicken

with Panzanella-Style Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Garlic



Italian Herbs



Chicken Breast



Red Pesto



Deluxe Salad Mix



Grated Parmesan Cheese



Garlic Aioli

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

Eat Me Early

Carb Smart

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)	½ tbs	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 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2467kJ (590Cal)	740kJ (177Cal)
Protein (g)	42.1g	12.6g
Fat, total (g)	36.3g	10.9g
- saturated (g)	5.2g	1.6g
Carbohydrate (g)	22.3g	6.7g
- sugars (g)	6.8g	2g
Sodium (mg)	544mg	163mg
Dietary Fibre (g)	4.1g	1.2g

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



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 **chicken** until cooked through, **8-12 minutes**.

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

3



Make the salad

- While the croutons are baking, combine the **vinegar**, the **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 the 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!

We're here to help!

Scan here if you have any questions or concerns



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