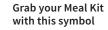


Quick Red Pesto Chicken with Panzanella-Style Salad & Garlic Aioli









Bake-At-Home Ciabatta





Italian Herbs

Chicken Breast







Grated Parmesan Cheese



Garlic Aioli



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

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.



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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

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 | 1/2 | 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.



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.



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.



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.



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!

