



# Easy 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



Rustic Herb Spice Blend



Deluxe Salad Mix



Shaved Parmesan Cheese



Garlic Aioli

Hands-on: **15-25 mins**  
Ready in: **25-35 mins**

Eat me early

Calorie Smart

Our flavourful red pesto transforms this fuss-free meal into an Italian feast. We've paired it with tender chicken and included a hearty salad and garlicky croutons to make a dinner everyone will love.

### 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 sachet (50g)	1 sachet (100g)
bake-at-home ciabatta	½	1
garlic	1 clove	2 cloves
rustic herb spice blend	½ sachet	1 sachet
vinegar* (white wine or balsamic)	½ tbs	1 tbs
honey*	½ tsp	1 tsp
deluxe salad mix	1 bag (150g)	1 bag (300g)
shaved 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)	2354kJ (562Cal)	711kJ (169Cal)
Protein (g)	43.9g	13.3g
Fat, total (g)	32.5g	9.8g
- saturated (g)	4.3g	1.3g
Carbohydrate (g)	22.3g	6.7g
- sugars (g)	7.3g	2.2g
Sodium (mg)	378mg	114mg

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 the oven to **200°C/180°C fan-forced**. In a large bowl, combine the **chicken breast** and **red pesto**. Season and set aside. In a large frying pan, heat a small drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until browned, **2 minutes** each side. Transfer to a lined oven tray and pour over any remaining pesto from the pan and the bowl. Bake until cooked through, **8-12 minutes**. Set aside to rest for **5 minutes**.

3



## Make the salad

While the croutons are baking, combine the **vinegar**, **honey** and a good drizzle of **olive oil** in a large bowl. Season. Add the **deluxe salad leaves**, **shaved Parmesan cheese** (see ingredients) and **croutons** and toss to coat.

2



## Make the croutons

While the chicken is cooking, tear the **bake-at-home ciabatta** (see ingredients) into small chunks. Finely chop the **garlic**. In a medium bowl, combine the **ciabatta**, **garlic** and **rustic herb spice blend** (see ingredients). Drizzle with **olive oil** and season. Toss to coat. Spread out on a second lined oven tray and bake until golden, **8-10 minutes**.

4



## Serve up

Slice the red pesto chicken. Divide the panzanella salad between plates and top with the chicken. Spoon over any juices from the oven tray. Serve with the **garlic aioli**.

Enjoy!