



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



Italian Herbs



Deluxe Salad Mix



Shaved Parmesan Cheese



Garlic Aioli



Haloumi

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

Eat Me Early

Carb 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.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 sachet	2 sachets
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
deluxe salad mix	1 medium bag	1 large bag
shaved Parmesan cheese	½ packet (15g)	1 packet (30g)
garlic aioli	1 packet (50g)	1 packet (100g)
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2445kJ (584Cal)	734kJ (175Cal)
Protein (g)	44.4g	13.3g
Fat, total (g)	34.5g	10.4g
- saturated (g)	4.6g	1.4g
Carbohydrate (g)	22.7g	6.8g
- sugars (g)	7.5g	6.8g
Sodium (mg)	395mg	119mg
Dietary Fibre (g)	8.8g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4263kJ (1018Cal)	556kJ (132Cal)
Protein (g)	71.6g	9.3g
Fat, total (g)	67.2g	8.8g
- saturated (g)	30.5g	4g
Carbohydrate (g)	33.3g	4.3g
- sugars (g)	7.7g	1g
Sodium (mg)	899mg	117mg

The quantities provided above are averages only.

*Custom recipe is not Carb Smart.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW31

1



Cook the chicken

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

CUSTOM RECIPE

If you've swapped your chicken for haloumi, slice haloumi horizontally to get 1 thin piece per person.

3



Make the salad

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

2



Make the croutons

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

CUSTOM RECIPE

When croutons are almost done,, heat a large frying pan over a medium-high heat. Cook haloumi until browned, 1-2 minutes each side.

4



Serve up

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

CUSTOM RECIPE

Slice haloumi and place on top of salad. Top with red pesto to serve.

Enjoy!