



Easy Red Pesto Chicken

with Panzanella-Style Salad & Garlic Aioli

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Garlic



Italian Herbs



Chicken Breast



Red Pesto



Mixed Salad Leaves



Shaved Parmesan Cheese



Garlic Aioli



Haloumi

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



Carb Smart*
**Custom recipe is not Carb Smart*



Eat Me Early

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

CUSTOM RECIPE

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

Pantry items

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

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
bake-at-home ciabatta	½	1
garlic	1 clove	2 cloves
Italian herbs	1 medium sachet	1 large sachet
chicken breast	1 small packet	1 large packet
red pesto	1 packet (50g)	1 packet (100g)
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
garlic aioli	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2518kJ (602Cal)	856kJ (205Cal)
Protein (g)	42.1g	14.3g
Fat, total (g)	38.6g	13.1g
- saturated (g)	6.7g	2.3g
Carbohydrate (g)	20.8g	7.1g
- sugars (g)	6.1g	2.1g
Sodium (mg)	599mg	204mg
Dietary Fibre (g)	2.7g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2910kJ (696Cal)	1328kJ (317Cal)
Protein (g)	25.9g	11.8g
Fat, total (g)	56.1g	25.6g
- saturated (g)	19.5g	8.9g
Carbohydrate (g)	22g	10g
- sugars (g)	7.1g	3.2g
Sodium (mg)	1546mg	705mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the croutons

- Preheat oven to **200°C/180°C fan-forced**.
- Tear **bake-at-home ciabatta** (see ingredients) into small chunks.
- Finely chop **garlic**.
- Place torn **ciabatta** on a 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**.

Custom Recipe: If you've swapped to haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.

3



Make the salad

- Combine the **honey** and a drizzle of **olive oil** and the **vinegar** in a large bowl. Season to taste.
- Add **mixed salad leaves**, **shaved Parmesan cheese** and **croutons**. Toss to coat.

2

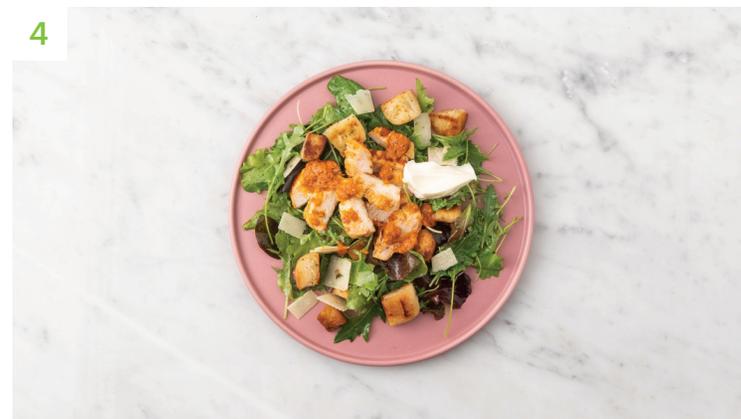


Cook the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **chicken** to the pan and cook until cooked through (when no longer pink inside), **3-6 minutes** each side.
- Remove pan from the heat and add **red pesto**, turning **chicken** to coat.

Custom Recipe: When the croutons are almost done, drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.

4



Serve up

- Slice red pesto chicken.
- Divide panzanella-style salad between plates. Top with chicken, spooning over any pan juices.
- Serve with **garlic aioli**. Enjoy!

Custom Recipe: Top salad with haloumi and red pesto to serve.

Rate your recipe

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