



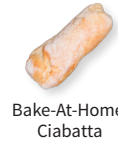
Easy Panzanella-Style Pesto Chicken Salad

with Garlic Aioli

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Bake-At-Home Ciabatta



Garlic



Italian Herbs



Chicken Breast



Basil Pesto



Snacking Tomatoes



Mixed Salad Leaves



Parmesan Cheese



Garlic Aioli



Chicken Breast

Recipe Update

We've replaced the red pesto in this recipe with basil pesto due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



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



Eat Me Early

We're in our light and bright era this Summer, so only a salad will do. Our famous 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	2 small packets OR 1 large packet
basil pesto	1 medium packet	2 medium packets
snacking tomatoes	½ packet	1 packet
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690.4kJ (643Cal)	1234.2kJ (295Cal)
Protein (g)	47.1g	11.8g
Fat, total (g)	42g	20.8g
- saturated (g)	7.7g	4.4g
Carbohydrate (g)	26.3g	14.6g
- sugars (g)	3.4g	2.8g
Sodium (mg)	685mg	685.006mg
Dietary Fibre (g)	4.2g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3508.8kJ (839Cal)	1234.2kJ (295Cal)
Protein (g)	83.9g	11.8g
Fat, total (g)	50.2g	20.8g
- saturated (g)	10.1g	4.4g
Carbohydrate (g)	27.1g	14.6g
- sugars (g)	3.4g	2.8g
Sodium (mg)	787.3mg	126mg

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**.

3



Make the salad

- While the chicken is cooking, halve **snacking tomatoes** (see ingredients).
- In a large bowl, combine the **honey** and a drizzle of **olive oil** and **vinegar**. Season to taste.
- Add **mixed salad leaves**, **snacking tomatoes**, **Parmesan cheese** and **herby 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.
- Cook **chicken**, turning, until browned and cooked through (when no longer pink inside), **3-6 minutes** each side.
- Remove pan from heat and add **basil pesto**, turning chicken to coat.

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above and cook in batches for best results.

4



Serve up

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

Rate your recipe

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