



# Pesto & Cheddar Hasselback Chicken

with Garlic-Herb Roast Potato & Nutty Salad

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit  
with this symbol



Potato



Garlic & Herb Seasoning



Chicken Breast



Basil Pesto



Cheddar Cheese



Snacking Tomatoes



Carrot



Mixed Salad Leaves



Flaked Almonds



Garlic Aioli



Chicken Breast

Prep in: 20-30 mins  
Ready in: 35-45 mins

Meet the chicken of your dreams! With a cheesy crust and tasty pockets of basil pesto, every bite is a flavour bomb. Teamed with crispy roast potatoes and a fresh salad, this is definitely a dinner worth staying in for.

Eat Me Early

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

**Pantry items**

Olive Oil, Balsamic Vinegar

## 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

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
basil pesto	1 medium packet	2 medium packets
Cheddar cheese	1 medium packet	1 large packet
snacking tomatoes	1 medium packet	2 medium packets
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3136kJ (750Cal)	508kJ (121Cal)
Protein (g)	52.1g	8.4g
Fat, total (g)	43.3g	7g
- saturated (g)	8g	1.3g
Carbohydrate (g)	36.2g	5.9g
- sugars (g)	10.1g	1.6g
Sodium (mg)	870mg	141mg
Dietary Fibre (g)	12.2g	2g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3848kJ (920Cal)	492kJ (118Cal)
Protein (g)	88.7g	11.3g
Fat, total (g)	45.7g	5.8g
- saturated (g)	8.8g	1.1g
Carbohydrate (g)	36.4g	4.7g
- sugars (g)	10.1g	1.3g
Sodium (mg)	941mg	120mg
Dietary Fibre	12.4g	1.6g

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](http://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



### Roast the potato

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**.

**TIP:** Add less seasoning if you're not a fan of garlic!



### Prep the chicken

- Meanwhile, cut deep slices into each **chicken breast** at 1cm intervals, taking care not to slice all the way through.
- Place **chicken**, cut-side up, on a second lined oven tray. Spoon **basil pesto** into the slices. Season with **salt** and **pepper**, then sprinkle with **Cheddar cheese**.

**Little cooks:** Help stuff the chicken with the pesto before sprinkling it with the cheese. Make sure to wash your hands well afterwards!

**Custom Recipe:** If you've doubled your chicken breast, prepare and cook chicken as above.



### Bake the hasselback chicken

- Bake **chicken** until browned and cooked through, **12-16 minutes** (depending on thickness).

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Spread chicken over two lined oven trays if your tray is getting crowded.



### Prep the salad

- Meanwhile, halve **snacking tomatoes**.
- Grate **carrot**.

**Little cooks:** Older kids, help grate the carrot under adult supervision!



### Toss the salad

- In a large bowl, combine a drizzle of **olive oil** and **balsamic vinegar**.
- Season, then add **tomatoes**, **carrot** and **mixed salad leaves**. Toss to combine.

**Little cooks:** Lend a hand by combining the dressing and tossing the salad!



### Serve up

- Divide pesto and Cheddar hasselback chicken, garlic-herb roast potatoes and salad between plates.
- Sprinkle **flaked almonds** over salad.
- Serve with **garlic aioli**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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