



# Aussie Chicken & Cheesy Pumpkin Wedges

with Garden Salad & Creamy Pesto Dressing

Grab your Meal Kit  
with this symbol



Butternut Pumpkin



Grated Parmesan  
Cheese



Cucumber



Tomato



Chicken Breast



Aussie Spice  
Blend



Flaked Almonds



Spinach &  
Rocket Mix



Creamy Pesto  
Dressing



Hands-on: **20-30 mins**  
Ready in: **35-45 mins**



Naturally gluten-free  
*Not suitable for Coeliacs*



Calorie Smart



Eat me early

Simple, clean flavours are the highlight of this modern Aussie dish. With mouth-watering chicken coated in our popular Aussie spice blend and roasted pumpkin given a cheesy finish, we think you'll be licking the plate clean.

## Pantry items

Olive Oil, Balsamic Vinegar



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
cucumber	1	2
tomato	1	2
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2508kJ (599Cal)	392kJ (93Cal)
Protein (g)	45.4g	7.1g
Fat, total (g)	33.4g	5.2g
- saturated (g)	7.4g	1.2g
Carbohydrate (g)	24g	3.8g
- sugars (g)	17.9g	2.8g
Sodium (mg)	789mg	123mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



### Bake the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Cut the **butternut pumpkin** into 1cm wedges. Place the **pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until golden and tender, **20 minutes**. Scatter the **grated Parmesan cheese** over the **pumpkin** then return to the oven and bake until melted and golden, **8-10 minutes**.

**TIP:** Peel the pumpkin skin if you don't like it!

2



### Get prepped

While the pumpkin is roasting, thinly slice the **cucumber** and **tomato** into half-moons. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken** and toss to coat. Set aside.

3



### Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Set aside in a small bowl.

4



### Cook the chicken

Return the frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness).

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

5



### Make the salad

While the chicken is cooking, combine a drizzle of **olive oil** and **balsamic vinegar** in a medium bowl. Season with **salt** and **pepper**. Add the **cucumber**, **tomato** and **spinach & rocket mix** and toss to combine.

6



### Serve up

Slice the Aussie chicken and divide between plates. Serve with the cheesy pumpkin wedges and salad. Garnish with the toasted almonds. Serve with the **creamy pesto dressing**.

Enjoy!