



BAKED CHEESY ITALIAN CHICKEN

with Panzanella Salad & Balsamic Glaze



Cook a traditional Italian bread salad



Tomato



Cucumber



Cherry Tomatoes



Garlic



Bake-At-Home Ciabatta



Parsley



Chicken Breast



Shredded Cheddar Cheese



Spinach & Rocket Mix



Balsamic Glaze



Hands-on: **20** mins
Ready in: **25** mins



Eat me early



Low calorie

Add flavour to a butterflied chicken breast by topping it with tomato and cheese, then baking until golden! Served with a hearty panzanella salad and a drizzle of syrupy balsamic glaze for the finishing touch, this meal is almost as good as summer in Italy!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine), Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **tomato**. Cut the **cucumber** into thin half-moons. Slice the **cherry tomatoes** in half. Tear the **bake-at-home ciabatta** into 1cm chunks. Roughly chop the **parsley** leaves (reserve some for garnish!).



2 BUTTERFLY THE CHICKEN

Place your hand flat on top of the **chicken breast** and cut through horizontally, without slicing all the way through. Open the chicken up like a book.



3 BAKE THE CHICKEN

In a medium bowl, place the butterflied **chicken**, **garlic**, the **salt** and a **drizzle of olive oil**. Toss to coat, then place the chicken, cut-side up, on an oven tray lined with baking paper. Top with the **tomato** slices and sprinkle with the **shredded Cheddar cheese**. Bake the chicken for **6-10 minutes**, or until cooked through and the cheese is golden. Set aside to rest until serving.



4 BAKE THE CIABATTA

While the chicken is baking, place the **ciabatta** chunks on a second oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake for **5-7 minutes** or until lightly crisp.



5 MAKE THE PANZANELLA

In a large bowl, combine the **vinegar** and **sugar** with **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **pinch** of **salt** and **pepper**. Add the **cucumber**, **cherry tomatoes**, **spinach & rocket mix**, **1/2 the ciabatta** chunks and **parsley** leaves. **TIP:** Keep the extra ciabatta in an airtight container for 3 days and add to salads.



6 SERVE UP

Divide the baked cheesy Italian chicken and panzanella salad between plates. Drizzle the **balsamic glaze** over the salad and chicken and garnish with the reserved parsley.

ENJOY!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
cherry tomatoes	1 punnet	2 punnets
bake-at-home ciabatta	1	2
parsley	1 bunch	1 bunch
chicken breast	1 packet	1 packet
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
vinegar* (white wine or red wine)	1½ tsp	3 tsp
sugar*	½ tsp	1 tsp
spinach & rocket mix	1 bag (30 g)	1 bag (60 g)
balsamic glaze	1 bottle	2 bottles

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (543Cal)	462kJ (110Cal)
Protein (g)	46.7g	9.5g
Fat, total (g)	25.6g	5.2g
- saturated (g)	9.4g	1.9g
Carbohydrate (g)	28.8g	5.9g
- sugars (g)	14.6g	3.0g
Sodium (g)	681mg	138mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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