



# Baked Cheesy Tomato Chicken

with Golden Potatoes, Beans & Carrots

Grab your Meal Kit with this symbol



Potato



Garlic



Basil



Flaked Almonds



Chicken Breast



Dried Oregano



Diced Tomatoes



Vegetable Stock



Shredded Cheddar Cheese



Green Beans



Carrot

Hands-on: **15-25 mins**  
 Ready in: **30-40 mins**  
 Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*  
 Low Calorie

Keep your chicken fillets tender and full of flavour by baking them in a rich tomato sauce covered with shredded Cheddar cheese. With a melted, gooey top and lots of colourful veggies on the side, this chicken dinner will win over the whole family!

**Pantry items**  
Olive Oil, Brown Sugar



## 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 · Large baking dish

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
basil	1 punnet	1 punnet
flaked almonds	1 packet	2 packets
chicken breast	1 small packet	1 large packet
dried oregano	¼ sachet	½ sachet
diced tomatoes	½ tin (200g)	1 tin (400g)
brown sugar*	1 tsp	2 tsp
vegetable stock	½ cube	1 cube
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2301kJ (549Cal)	354kJ (84Cal)
Protein (g)	43.9g	6.8g
Fat, total (g)	21.6g	3.3g
- saturated (g)	6.3g	1g
Carbohydrate (g)	39.9g	6.1g
- sugars (g)	13.5g	2.1g
Sodium (mg)	1119mg	172mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Place the **potato** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time.



## 2. Toast the almonds

While the potato is roasting, finely chop the **garlic** (or use a garlic press). Pick and slice the **basil** leaves. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate.



## 3. Start the chicken

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Season the **chicken breast** on both sides with **salt** and **pepper**. When the pan is hot, add the **chicken** and cook until golden, **2 minutes** each side. Transfer to a large baking dish. Return the pan to a medium heat with a **drizzle** of **olive oil**. Add the **garlic** and **dried oregano** (**1/4 sachet for 2 people / 1/2 sachet for 4 people**) and cook until fragrant, **1 minute**. Add the **diced tomatoes** (see ingredients list), **basil**, **brown sugar** and crumble in the **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Simmer until thickened, **3-4 minutes**.



## 4. Bake the cheesy chicken

Pour the **tomato sauce** over the **chicken** in the baking dish. Sprinkle with the **shredded Cheddar cheese** and bake until the chicken is just cooked through, **6-10 minutes** (depending on thickness).

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

**TIP:** For the low-calorie option, use 1/2 the shredded Cheddar cheese.



## 5. Cook the veggies

While the chicken is baking, trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans** and **carrot** and a **splash** of **water** and cook, tossing, until tender, **5-6 minutes**. Season with **salt** and **pepper**.



## 6. Serve up

Divide the baked cheesy tomato chicken between plates. Serve with the potatoes, beans and carrots. Sprinkle with the flaked almonds.

## Enjoy!