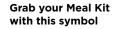


# **Baked Cheesy Tomato Chicken**

with Golden Potatoes, Beans & Carrots











Potato





Basil

Flaked Almonds







**Chicken Breast** 

**Dried Oregano** 







**Diced Tomatoes** 

Vegetable Stock





**Shredded Cheddar** Cheese

**Green Beans** 



Carrot

**Pantry items** 

Olive Oil, Brown Sugar

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



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!

## **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	1/4 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

<sup>\*</sup>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 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 mediumhigh 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!**