



# Cheesy Tomato Chicken Melts

with Roast Veggies & Garlicky Mushrooms

Grab your Meal Kit  
with this symbol



Potato



Carrot



Garlic



Zucchini



Chicken Breast



Aussie Spice  
Blend



Tomato Relish



Shredded Cheddar  
Cheese



Kale

## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **20-30 mins**



Ready in: **30-40 mins**



Naturally Gluten-Free

*Not suitable for coeliacs*



Eat Me Early



Calorie Smart

Load up chicken breasts with the kind of toppings that will ensure they're devoured: vibrant tomato relish, and of course, cheese! The slight sweetness and acidity in the relish works a treat with the melted Cheddar, while the simple but tasty sides help you get a good dose of veggies in.

## Pantry items

Olive Oil, Butter



## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
garlic	1 clove	2 cloves
zucchini	1	2
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
tomato relish	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
kale	1 medium bag	2 medium bags
butter*	10g	20g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2318kJ (554Cal)	356kJ (85Cal)
Protein (g)	47.4g	7.3g
Fat, total (g)	19.4g	3g
- saturated (g)	10.4g	1.6g
Carbohydrate (g)	42.2g	6.5g
- sugars (g)	15.7g	6.5g
Sodium (mg)	987mg	151mg

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](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 veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **carrot** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

2



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Slice the **zucchini** into half-moons. Tear the **kale** leaves from stem, then roughly chop leaves.

3



## Prep the chicken

Place the **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm-thick. In a medium bowl, combine the **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add the **chicken** and turn to coat. Transfer to a second lined oven tray.

4



## Bake the chicken

Spread the **tomato relish** over the **chicken**, then sprinkle with the **shredded Cheddar cheese**. Bake until cooked through, **8-12 minutes**.

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

5



## Cook the veggies

While the chicken is baking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **zucchini**, tossing, until tender, **3-4 minutes**. Add the **garlic** and kale and cook until fragrant and softened, **1-2 minutes**. Season to taste.

6



## Serve up

Divide the cheesy tomato chicken melts between plates. Serve with the roast veggies and garlicky mushrooms.

## Enjoy!

## Rate your recipe

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