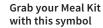
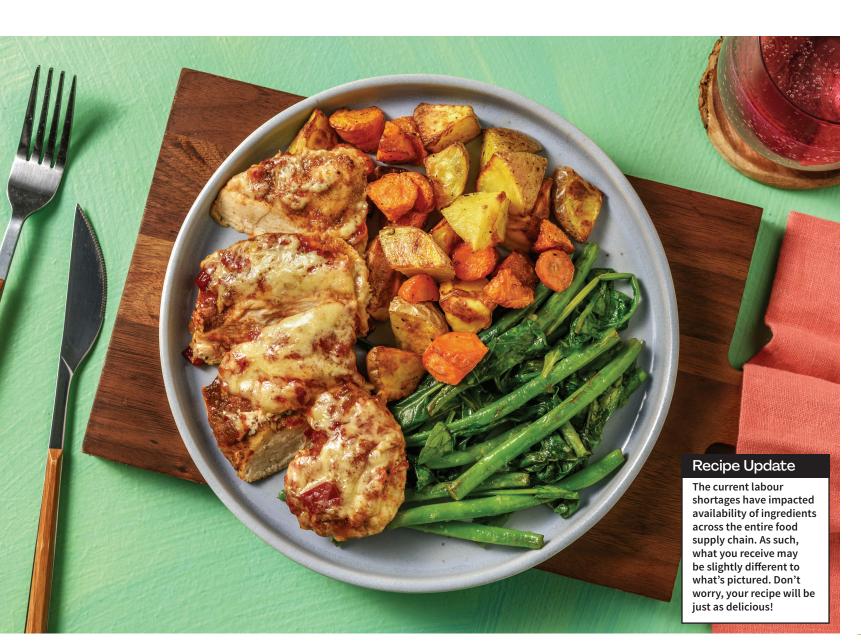
Cheesy Tomato Chicken Melts

with Roast Root Veggies & Garlic Greens

















Green Beans





Chicken Breast

Aussie Spice





Tomato Relish

Cheese



Mixed Leaves

Pantry items Olive Oil, Butter

Eat Me Early

Calorie Smart

Ready in: 30-40 mins Naturally Gluten-Free Not suitable for coeliacs

Prep in: 20-30 mins

Load up chicken breasts with the kind of toppings that will ensure they're devoured: rich tomato relish, and of course, cheese! The sweetness and acidity in the relish works wonders with the melted Parmesan, while the simple but tasty sides give you a good dose of veggies. See our tips for little cooks to get the kids involved!

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 \cdot 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 |
| green beans | 1 small bag | 1 medium bag |
| chicken breast | 1 small packet | 1 large packet |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| tomato relish | 1 medium packet | 1 large packet |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| mixed leaves | 1 small bag | 1 medium bag |
| butter* | 10g | 20g |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2211kJ (528Cal) | 384kJ (92Cal) |
| Protein (g) | 49.7g | 8.6g |
| Fat, total (g) | 16.5g | 2.9g |
| - saturated (g) | 9.5g | 1.6g |
| Carbohydrate (g) | 42.6g | 7.4g |
| - sugars (g) | 14g | 2.4g |
| Sodium (mg) | 962mg | 167mg |

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat oven to 240°C/220°C fan-forced. Cut potato and carrot into bite-sized chunks. Place on a lined oven tray (if your oven tray is crowded, divide veggies between two trays). Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

Little cooks: Help out by topping the veggies with the olive oil and salt.



Get prepped

Meanwhile, finely chop garlic. Trim green beans.



Prep the chicken

Place **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 **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken** and turn to coat. Transfer to a second lined oven tray.

Little cooks: Take the lead by mixing the spice blend mixture and turning the chicken in it to coat. Remember to wash your hands well afterwards!



Bake the chicken

Spread **tomato relish** over **chicken**, then sprinkle with **grated Parmesan cheese**. Bake until chicken is cooked through (when no longer pink inside) and cheese is melted and golden, **8-12 minutes**.

Little cooks: Top the chicken with the relish and cheese!



Cook the greens

While chicken is baking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until softened, **4-5 minutes**. Add **mixed leaves**, **garlic** and the **butter** and cook until leaves are wilted, **1-2 minutes**. Season to taste.



Serve up

Slice the cheesy tomato chicken melts, then divide between plates. Serve with roast root veggies and garlic greens.

Enjoy!

Rate your recipe
Scan here to rate this recipe!

