


Cheesy Tomato Chicken Melts

with Roast Root Veggies & Garlic Greens

Grab your Meal Kit with this symbol 



Potato



Carrot



Garlic



Green Beans



Chicken Breast



Aussie Spice Blend



Tomato Relish



Grated Parmesan Cheese




Mixed Leaves

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!

Prep in: 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: 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!

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
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.

1



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.

2



Get prepped

Meanwhile, finely chop **garlic**. Trim **green beans**.

3



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!

4



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!

5



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.

6



Serve up

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

Enjoy!

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