



Easy Pesto-Crusted Chicken

with Roast Sweet Potato & Rainbow Salad

Grab your Meal Kit with this symbol



Sweet Potato



Panko Breadcrumbs



Carrot



Chicken Breast



Creamy Pesto Dressing

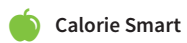


Deluxe Salad Mix



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 35-45 mins



In this surprisingly simple recipe, creamy pesto adds a rich and herby flavour to the juicy chicken breast, while also working as the glue for the Parmesan crust. Serve with a couple of colourful veggie sides to balance out the richness.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
panko breadcrumbs	½ medium packet	1 medium packet
chicken breast	1 small packet	1 large packet
creamy pesto dressing	1 packet (50g)	1 packet (100g)
carrot	½	1
honey*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2689kJ (643Cal)	493kJ (118Cal)
Protein (g)	46g	8.4g
Fat, total (g)	29.9g	5.5g
- saturated (g)	6.4g	1.2g
Carbohydrate (g)	45.7g	8.4g
- sugars (g)	18.1g	3.3g
Sodium (mg)	404mg	74mg

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 sweet potato

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.

Little cooks: Help season and toss the sweet potato!

3



Make the salad

- While the chicken is baking, grate **carrot** (see ingredients).
- Combine the **honey** with a drizzle of **vinegar** and **olive oil** in a medium bowl. Season, then add **carrot** and **deluxe salad mix**.
- When the chicken is almost ready, toss **salad** to combine.

Little cooks: Older kids can help grate the carrot under adult supervision.

2



Bake the chicken

- Meanwhile, combine **grated Parmesan cheese**, **panko breadcrumbs** (see ingredients) and a pinch of **salt** in a medium bowl. Set aside.
- Place **chicken breast** on a second lined oven tray. Drizzle with **olive oil**, then season generously with **salt**. Turn to coat. Spread 1/2 the **creamy pesto dressing** over **chicken**. Spoon over **panko-Parmesan mixture**, gently pressing so it sticks.
- Drizzle **chicken** with **olive oil**. Bake until crumb is golden and chicken is cooked through (when no longer pink inside), **14-18 minutes**.

Little cooks: Help combine the panko-Parmesan mixture, and have a go at pressing it over the pesto chicken!

4



Serve up

- Slice pesto-crusted chicken.
- Divide chicken, roast sweet potato and rainbow salad between plates.
- Serve with remaining creamy pesto dressing. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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