

# Garlic & Herb Chicken

with Roast Veggie Toss & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Potato



Zucchini



Carrot



Capsicum



Garlic & Herb Seasoning



Chicken Breast



Pepitas





Baby Spinach Leaves



Creamy Pesto Dressing

 Hands-on: 30-40 mins  
Ready in: 40-50 mins

 Eat me early

 Naturally gluten-free  
*Not suitable for Coeliacs*

You can't go wrong with garlic and herbs, or roasted veggies, or creamy pesto dressing... Know where we're going with this? That's right, this meal is a greatest hits of our favourite flavours, with juicy chicken breast leading the way.

### Pantry items

Olive Oil



## 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
zucchini	1	2
carrot	1	2
capsicum	1	2
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
pepitas	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*	1 tsp	2 tsp

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2930kJ (700Cal)	376kJ (89Cal)
Protein (g)	45.2g	5.8g
Fat, total (g)	36.6g	4.7g
- saturated (g)	5.9g	0.8g
Carbohydrate (g)	43.1g	5.5g
- sugars (g)	15.7g	2g
Sodium (mg)	638mg	82mg

## 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.



## Get prepped

Preheat the oven to **240°C/220°C fan forced**. Cut the **potato** (unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm half-moons. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **capsicum** into 2cm chunks.

**TIP:** Cut the veggies to size so they cook in time.



## Roast the veggies

Place the **potato** on an oven tray lined with baking paper. On a second tray lined with baking paper, place the **zucchini**, **carrot** and **capsicum**. Drizzle both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



## Coat the chicken

While the veggies are roasting, combine the **garlic & herb seasoning** and a good drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to the **garlic & herb mixture** and toss to coat. Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast, stirring, until lightly toasted, **3-4 minutes**. Transfer to a bowl and set aside.



## Cook the chicken

Return the frying pan with a drizzle of **olive oil** to a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). Remove the pan from the heat.

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



## Toss the salad

In a large bowl, combine the **roast veggies** and **baby spinach leaves**. In a small bowl, combine the **creamy pesto dressing** with the **water**.



## Serve up

Slice the chicken. Divide the roast veggie toss between plates and sprinkle over the pepitas. Top with the chicken (plus any resting juices from the pan). Drizzle over the creamy pesto dressing to serve.

Enjoy!