

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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2888kJ (690Cal)	371kJ (88Cal)
Protein (g)	45g	5.8g
Fat, total (g)	36.4g	4.7g
- saturated (g)	5.9g	0.8g
Carbohydrate (g)	40.9g	5.3g
- sugars (g)	13.5g	1.7g
Sodium (mg)	638mg	82mg

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.



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 oven 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 mix well. 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** over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness).

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



Toss the salad

In a large bowl, combine the **roast veggies** and **baby spinach leaves**, and toss well to combine. 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 sliced chicken and spoon over any chicken resting juices. Drizzle over the creamy pesto dressing.

Enjoy!