

Garlic & Herb Chicken

with Roast Veggie Toss & Creamy Pesto

Grab your Meal Kit with this symbol



Potato



Turnip



Beetroot



Carrot



Chicken Breast



Garlic & Herb Seasoning



Mixed Leaves



Creamy Pesto Dressing



Pepitas

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: **25-35 mins**
Ready in: **30-40 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early

You can't go wrong with garlic and herbs, or vibrant roasted veggies, or creamy pesto. This meal is a greatest hits of our favourite flavours, with juicy chicken breast leading the way. Follow our tips for little cooks and get the kids involved, too!

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
turnip	1	2
beetroot	1	2
carrot	1	2
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
mixed leaves	1 small bag	1 medium bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*	1 tsp	2 tsp
pepitas	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2753kJ (658Cal)	412kJ (98Cal)
Protein (g)	46g	6.9g
Fat, total (g)	31.3g	4.7g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	43.7g	6.5g
- sugars (g)	18.8g	2.8g
Sodium (mg)	670mg	100mg

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 oven to **240°C/220°C fan-forced**. Cut **potato** and **turnip** into bite-sized chunks. Cut **beetroot** into small chunks. Thickly slice **carrot** into half-moons.



Roast the veggies

Place **potato** and **carrot** on a lined oven tray. Place **beetroot** and **turnip** on a second lined oven tray. Drizzle both trays with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Flavour the chicken

While the veggies are roasting, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin **steaks**. In a large bowl, combine a drizzle of **olive oil** and the **garlic & herb seasoning**. Season, then add **chicken**, tossing to coat.

Little cooks: Take charge by combining the olive oil and seasoning, and tossing the chicken in it to coat!



Cook the chicken

When the veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **chicken** until cooked through (when no longer pink inside), **3-5 minutes** each side (cook in batches if your pan is getting crowded).



Toss the veggies

Combine the roast **veggies** on one of the oven trays. Add **mixed leaves**, tossing to combine. Set aside. In a small bowl, combine **creamy pesto dressing** and the **water**.

Little cooks: Help combine the pesto and water!



Serve up

Slice the garlic and herb chicken. Divide the roast veggie toss between plates. Top with chicken, spooning over any resting juices. Drizzle with creamy pesto. Sprinkle with **pepitas** to serve.

Little cooks: Add the finishing touches by drizzling the pesto and sprinkling the pepitas on top.

Enjoy!

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