



Herby Chicken & Pesto Potatoes

with Fetta Salad

KID FRIENDLY

DIETITIAN APPROVED

MEDITERRANEAN

Grab your Meal Kit with this symbol



Potato



Tomato



Cucumber



Garlic & Herb Seasoning



Salad Leaves



Chicken Breast



Fetta Cubes



Basil Pesto



Mayonnaise



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

This dish gets a tick from every department. It's got tender chicken breast spiced with our famous garlic and herb seasoning, crispy roast potatoes tossed with herby basil pesto and a bright fetta salad adding a little Mediterranean flair!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
cucumber	1	2
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
fetta cubes	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
basil pesto	1 packet (50g)	2 packets (100g)
mayonnaise	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2735kJ (654Cal)	475kJ (114Cal)
Protein (g)	44.6g	7.7g
Fat, total (g)	37.5g	6.5g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	32.3g	5.6g
- sugars (g)	8.6g	1.5g
Sodium (mg)	997mg	173mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3292kJ (787Cal)	632kJ (151Cal)
Protein (g)	25.9g	5g
Fat, total (g)	51.8g	9.9g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	51.3g	9.9g
- sugars (g)	9.7g	1.9g
Sodium (mg)	1686mg	324mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the potato

- Preheat the oven to **240°C/220°C fan forced**. Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt**.
- Toss to coat, then roast until tender, **20-25 minutes**.

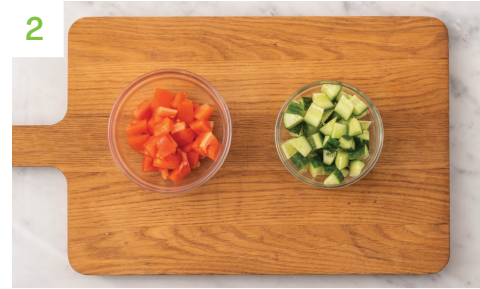


Cook the chicken

- When potatoes have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate to rest.

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

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



Get prepped

- Meanwhile, roughly chop **tomato** and **cucumber**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



Toss the salad

- Meanwhile, crumble **fetta cubes**.
- In a medium bowl, combine **salad leaves**, **tomato**, **cucumber**, **fetta** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Flavour the chicken

- In a large bowl, combine **chicken**, **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: If you've swapped to plant-based crumbed chicken, combine plant-based crumbed chicken with spice blend as above.



Serve up

- To the tray with roasted potatoes, add **basil pesto** and toss to combine.
- Slice herby chicken.
- Divide chicken, pesto potatoes and fetta salad between plates.
- Serve with **mayonnaise**. Enjoy!

Rate your recipe

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