



Nan's Chicken & Pesto Dressing

with Roast Veggie Toss

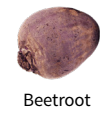
Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Brown Onion



Chicken Breast



Nan's Special Seasoning



Flaked Almonds



Spinach & Rocket Mix



Creamy Pesto Dressing

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
 Not suitable for Coeliacs

Eat me early

Nan's special seasoning is full of flavour, thanks to paprika, pepper, onion and garlic, and when used as a coating it makes this tender chicken simply heavenly! Add a medley of veggies, crunchy flaked almonds and a drizzle of our creamy pesto dressing and it's satisfaction, guaranteed!

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 |
| sweet potato | 2 | 4 |
| carrot | 1 | 2 |
| beetroot | 1 | 2 |
| brown onion | 1 | 2 |
| chicken breast | 1 small packet | 1 large packet |
| Nan's special seasoning | 1 sachet | 2 sachets |
| flaked almonds | 1 packet | 2 packets |
| spinach & rocket mix | 1 bag (30g) | 1 bag (60g) |
| creamy pesto dressing | 1 packet (100g) | 2 packets (200g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3480kJ (831Cal) | 476kJ (113Cal) |
| Protein (g) | 41.5g | 5.7g |
| Fat, total (g) | 48.5g | 6.6g |
| - saturated (g) | 6.5g | 0.9g |
| Carbohydrate (g) | 50.1g | 6.9g |
| - sugars (g) | 32g | 4.4g |
| Sodium (mg) | 692mg | 95mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato, carrot** and **beetroot** (all unpeeled) into 1cm chunks. Cut the **brown onion** into 3cm wedges. Divide the **sweet potato, carrot, beetroot** and **onion** between two oven trays lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

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

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



Prep the chicken

While the veggies are roasting, 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 a medium bowl and drizzle with a little **olive oil**. Sprinkle with **Nan's special seasoning** and season with **pepper**. Toss to coat and set aside.



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate and set aside.



Cook the chicken

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

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



Bring it all together

In a large bowl, combine the **roasted veggies** and **spinach & rocket mix**. Season to taste.



Serve up

Slice the chicken. Divide the roast veggie toss and Nan's chicken between plates. Sprinkle with the toasted flaked almonds and serve with the **creamy pesto dressing**.

Enjoy!