



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



Spinach & Rocket Mix



Flaked Almonds



Creamy Pesto Dressing

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

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
spinach & rocket mix	1 small bag (30g)	1 medium bag (60g)
flaked almonds	1 medium packet	1 large packet
creamy pesto dressing	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3150kJ (752Cal)	440kJ (105Cal)
Protein (g)	46.3g	6.5g
Fat, total (g)	37.4g	5.2g
- saturated (g)	4g	0.6g
Carbohydrate (g)	51.2g	7.2g
- sugars (g)	32.8g	4.6g
Sodium (mg)	652mg	91mg

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.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato**, **carrot** and **beetroot** into small chunks. Cut the **brown onion** into thick wedges. Divide the **sweet potato**, **carrot**, **beetroot** and **onion** between two lined oven trays. 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: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the chicken

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

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



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.



Flavour the chicken

In a medium bowl, combine a drizzle of **olive oil** and **Nan's special seasoning**. Add the **chicken steaks** and season with **pepper**. Toss to coat.



Bring it all together

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



Serve up

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

Enjoy!

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