



Nan's Chicken & Sweet Potato Traybake

with Creamy Pesto Dressing

Grab your Meal Kit
with this symbol



Sweet Potato



Zucchini



Capsicum



Tomato



Flaked Almonds



Creamy Pesto
Dressing




Nan's Special
Seasoning




Chicken Breast



Baby Spinach
Leaves

 Hands-on: **20 mins**
Ready in: **30 mins**

 Low Calorie

 Eat me early

Our popular Nan's special seasoning, with paprika, pepper, onion and garlic, instantly adds a rich, traditional flavour to succulent chicken breast. Add a creamy pesto dressing and roasted veggies for a dish worth enjoying again and again!

*Unfortunately, this week's chicken thigh was in short supply, so we've replaced it with chicken breast.
Don't worry, the recipe will be just as delicious!*

Pantry items

Olive Oil, Plain Flour, Balsamic Vinegar

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

	4 People
olive oil*	refer to method
sweet potato	4
zucchini	2
capsicum	2
tomato	2
flaked almonds	2 packets
creamy pesto dressing	1 tub (100g)
water*	1 tbs
Nan's Special Seasoning	2 sachets
plain flour*	2 tsp
chicken breast	1 large packet
baby spinach leaves	1 bag (60g)
balsamic vinegar*	drizzle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2190kJ (523Cal)	371kJ (89Cal)
Protein (g)	40.3g	6.8g
Fat, total (g)	27.7g	4.7g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	26.0g	4.4g
- sugars (g)	14.8g	2.5g
Sodium (g)	505mg	86mg

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.



1. Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm half-moons. Cut the **capsicum** into 2cm chunks. Slice the **tomato** into 3cm wedges.

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



2. Roast the veggies

Spread the veggies over two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and **pepper**. Toss to coat and arrange in a single layer. Roast until golden and tender, **20-25 minutes**.



3. Toast the almonds

While the veggies are in the oven, 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. In a small bowl, combine the **creamy pesto dressing** with the **water**.



4. Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **Nan's special seasoning**, **plain flour** and a **pinch** of **salt** and **pepper**. Toss the **chicken breast** in the **spice blend** to coat. Return the frying pan with a **drizzle** of **olive oil** over a medium-high heat. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness).

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



5. Finish the traybake

When the veggies are done, add the **baby spinach leaves** and a **small drizzle** of **balsamic vinegar** to the tray and gently toss to combine.



6. Serve up

Thickly slice the chicken. Divide the roast veggies between plates and top with Nan's chicken. Drizzle over the creamy pesto dressing and garnish with the flaked almonds.

Enjoy!