



# Pesto & Fetta Chicken

with Herby Wedges & Apple Salad

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Red Onion



Apple



Chicken Breast



Basil Pesto



Fetta Cubes



Deluxe Salad Mix

Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**

**Naturally Gluten-Free**  
*Not suitable for coeliacs*

Eat Me Early

**Calorie Smart**

Basil pesto is the secret ingredient in this recipe! It not only adds delicious flavour to the chicken, but also acts as the glue for the fetta and onion topping! Roasted herby wedges and an apple salad complete this easy weeknight winner.

### Pantry items

Olive Oil, White Wine 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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
red onion	1	2
apple	1	2
chicken breast	1 small packet	1 large packet
basil pesto	1 packet (50g)	1 packet (100g)
fetta cubes	1 medium packet	1 large packet
white wine vinegar*	2 tsp	4 tsp
deluxe salad mix	1 bag (150g)	1 bag (300g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2193kJ (524Cal)	340kJ (81Cal)
Protein (g)	49.1g	7.6g
Fat, total (g)	13.7g	2.1g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	46.6g	7.2g
- sugars (g)	18g	2.8g
Sodium (mg)	901mg	140mg

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



## Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges and place on a lined oven tray. Add the **garlic & herb seasoning**, a pinch of **pepper** and a drizzle with **olive oil**. Toss to coat and bake until tender, **20-25 minutes**.



## Bake the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Spread the **basil pesto** over the top of each **chicken**, then top with the **onion** and crumble over the **fetta cubes**. Bake until the **chicken** is cooked through, **4-5 minutes**.

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



## Get prepped

While the wedges are baking, thinly slice the **red onion**. Thinly slice the **apple**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Season with **salt** and **pepper**.



## Make the salad

While the chicken is baking, combine the **white wine vinegar** and a drizzle of **olive oil** in a large bowl. Season. Add the **apple** and **deluxe salad mix**. Toss to combine.



## Brown the chicken

Heat a large frying pan over a high heat with a drizzle of **olive oil**. When the pan is hot, cook the **chicken** until browned, **2 minutes** each side (the chicken will continue cooking in step 4). Transfer to a second lined oven tray.



## Serve up

Divide the pesto and fetta chicken, wedges and apple salad between plates.

**Enjoy!**