



# Pesto & Parmesan-Crusted Chicken

with Roasted Sweet Potato & Garden Salad

Grab your Meal Kit with this symbol



Sweet Potato



Grated Parmesan Cheese



Panko Breadcrumbs



Chicken Breast



Basil Pesto



Tomato



Carrot



Mixed Salad Leaves

Hands-on: **10-20 mins**  
Ready in: **30-40 mins**

Calorie Smart

Eat me early

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 Parmesan crust! Roasted sweet potato and a garden salad complete this easy weeknight winner.

**Pantry items**  
Olive Oil, Vinegar (White Wine or Balsamic), Honey



## 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

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
panko breadcrumbs	½ packet	1 packet
chicken breast	1 small packet	1 large packet
basil pesto	1 packet (50g)	1 packet (100g)
tomato	1	2
carrot	½	1
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2293kJ (548Cal)	407kJ (97Cal)
Protein (g)	43.4g	7.7g
Fat, total (g)	20.5g	3.6g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	43.4g	7.7g
- sugars (g)	16.6g	2.9g
Sodium (mg)	335mg	60mg

### 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.



### 1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Place the **sweet potato**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



### 2. Make the Parmesan topping

While the sweet potato is roasting, combine the **grated Parmesan cheese**, **panko breadcrumbs** (see ingredients list) and a **drizzle** of **olive oil** in a medium bowl. Season with **salt** and **pepper** and stir to combine.



### 3. Bake the chicken

Place the **chicken breast** on a second oven tray lined with baking paper. Season with a generous **pinch** of **salt** and **drizzle** with **olive oil**. Toss to coat. Using a spoon, spread the top of each **chicken breast** with the **basil pesto**. Top the **chicken** with the **panko-Parmesan mixture**, gently pressing so it sticks. Bake until the crumb is golden and the chicken is cooked through, **14-18 minutes**.

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



### 4. Prep the salad

While the chicken is cooking, thinly slice the **tomato** into half-moons. Grate the **carrot** (see ingredients list). In a medium bowl, combine the **vinegar**, **honey** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people).



### 5. Toss the salad

Add the **carrot**, **tomato** and **mixed salad leaves** to the bowl with the dressing. Season to taste and toss to combine.



### 6. Serve up

Divide the pesto Parmesan-crusted chicken, roasted sweet potato and garden salad between plates.

**Enjoy!**