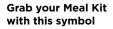


Pesto & Parmesan-Crusted Chicken

with Roasted Sweet Potato & Garden Salad









Sweet Potato







Panko Breadcrumbs

Chicken Breast





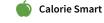


Carrot

Mixed Salad Leaves



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



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.



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	1/2	1
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad	1 bag	1 bag
leaves	(60g)	(120g)

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
2293kJ (548Cal)	407kJ (97Cal)
43.4g	7.7g
20.5g	3.6g
6.5g	1.2g
43.4g	7.7g
16.6g	2.9g
335mg	60mg
	2293kJ (548Cal) 43.4g 20.5g 6.5g 43.4g 16.6g

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. 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!