



# SEARED GARLICKY CHICKEN & BACON ROAST VEGGIES

with Creamy Pesto Dressing



Add bacon to a roast veggie toss



Potato



Capsicum



Red Onion



Carrot



Chicken Breast



Garlic & Herb Seasoning



Bacon



Baby Spinach Leaves



Creamy Pesto Dressing

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

Eat me early

Naturally gluten-free  
*Not suitable for Coeliacs*

We're giving chicken breast fillets a flavour upgrade with a garlic and herb seasoning and creamy pesto dressing. Add a warm side salad of roasted veggies and baby spinach sprinkled with pan-fried bacon, and dinner is ready in a flash!

**Pantry Staples:** Olive Oil



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **two oven trays** lined with **baking paper** • **large frying pan**



### 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Thinly slice the **capsicum**. Slice the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm rounds. Spread the veggies over two oven trays lined with baking paper. **Drizzle** the **veggies** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast the veggies until tender, **25-30 minutes**.

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



### 2 PREP THE CHICKEN

While the veggies are roasting, place the **chicken** in a bowl with the **garlic & herb seasoning**. **Drizzle** with **olive oil** and season with a little **salt** and **pepper**. Toss to coat.



### 3 COOK THE CHICKEN

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **chicken** and cook until browned, **2 minutes** each side. When the veggies have **10 minutes** cook time remaining, remove the bottom tray from the oven, push the veggies slightly to one side and add the **chicken** to the tray. Bake until the chicken is cooked through, **6-10 minutes** (depending on size). Transfer the **chicken** to a plate, cover with foil and set aside to rest. 💡 **TIP:** Chicken is cooked through when it is no longer pink in the middle.



### 4 COOK THE BACON

Cut the **bacon** into 3cm pieces. Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **bacon** and cook until golden, **4-5 minutes**.



### 5 BRING IT ALL TOGETHER

Place the **roasted veggies** in a bowl with the **bacon** and **baby spinach leaves**. Toss to coat and season to taste with **pepper**.



### 6 SERVE UP

Thickly slice the seared garlicky chicken. Divide the bacon roast veggies and garlic and herb chicken between plates. Serve with the **creamy pesto dressing**.

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
capsicum	1
red onion	1
carrot	1
chicken breast	1 packet
garlic & herb seasoning	2 sachets
bacon	1 packet
baby spinach leaves	1 bag (60g)
creamy pesto dressing	1 tub (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2650kJ (633Cal)	468kJ (112Cal)
Protein (g)	48.5g	8.6g
Fat, total (g)	31.5g	5.6g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	37.2g	6.6g
- sugars (g)	8.9g	1.6g
Sodium (g)	852mg	150mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

## ENJOY!

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2020 | WK07

