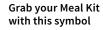


Spiced Chicken & Garlic-Herb Pumpkin Wedges

with Creamy Pesto Dressing









Butternut Pumpkin







Green Beans





Aussie Spice Blend

Chicken Breast



Creamy Pesto Dressing



Hands-on: 15-25 mins Ready in: 30-40 mins

Eat me early

Naturally gluten-free Not suitable for Coeliacs



We've elevated this classic dish by giving our succulent chicken a coat of our tasty Aussie spice blend, then topping it off with a mouth-watering creamy pesto sauce. And the trick to making these pumpkin wedges delicious? Roasting them in our tasty garlic and herb seasoning until golden and tender.

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 (medium)	1 (large)
garlic & herb seasoning	1 sachet	2 sachets
garlic	1 clove	2 cloves
green beans	1 bag (300g)	2 bags (600g)
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
creamy pesto dressing	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2480kJ (592Cal)	385kJ (92Cal)
Protein (g)	41.7g	6.5g
Fat, total (g)	31.6g	4.9g
- saturated (g)	5.3g	0.8g
Carbohydrate (g)	30.3g	4.7g
- sugars (g)	21.4g	3.3g
Sodium (mg)	1002mg	156mg

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.



Roast the pumpkin

Preheat the oven to 220°C/200°C fan-forced. Cut the butternut pumpkin into 1cm wedges. Place the pumpkin and garlic & herb seasoning on an oven tray lined with baking paper. Season with salt and pepper and drizzle with olive oil. Toss to coat and roast until tender, 25-30 minutes.

TIP: Peel the pumpkin if you prefer!



Get prepped

While the pumpkin is roasting, finely chop the garlic. Trim the green beans. 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 Aussie spice blend and a drizzle of olive oil. Add the chicken and toss to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a bowl.

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



Cook the green beans

Return the frying pan with a good drizzle of **olive oil** over a medium-high heat. Add the **green beans** and cook until tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Set aside.



Finish the chicken

Slice the **chicken**, reserving the **resting juices**.



Serve up

Divide the pumpkin wedges, chicken and green beans between plates. Top the chicken with the **creamy pesto dressing** and spoon over the chicken resting juices.

Enjoy!