



# Spiced Chicken & Garlic-Herb Pumpkin Wedges

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Butternut Pumpkin



Garlic & Herb Seasoning



Garlic



Green Beans



Chicken Breast



Aussie Spice Blend



Creamy Pesto Dressing

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

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Calorie Smart

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](https://www.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!