



Everything  
But The Chef

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## Pesto Chicken with Crunchy Panzanella Salad

There's nothing delicate about this chunky panzanella with crunchy homemade croutons. Panzanella is a classic Tuscan dish best enjoyed in the warmer months, so you're in good hands here. The dish was actually based around onions until the 20th century, when juicy tomatoes and stale bread became the more popular combination. Together with cucumber and pesto chicken, get ready for a big, crunchy time.

Prep: 10 mins



Cook: 25 mins

Total: 35 mins



level 1



high fibre



high protein



eat me first

### Pantry Items



Olive Oil



Balsamic Vinegar



Tomato



Chicken Breast



Traditional Pesto



Parbaked Sourdough Roll



Garlic



Cucumber



Parsley

2P	4P	Ingredients
1	2	tomato, cut into wedges
2 tsp	1 tbs	balsamic vinegar *
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	chicken breast
2 tbs	4 tbs	traditional pesto
1	2	parbaked sourdough roll, cut into cubes
1 clove	2 cloves	garlic, peeled & crushed
1	2	cucumber, diced
1 bunch	2 bunches	parsley, leaves picked

⊕ May feature in another recipe

\* Pantry Items

### Nutrition per serving

Energy	2460	Kj
Protein	45	g
Fat, total	30.7	g
-saturated	5.1	g
Carbohydrate	27.2	g
-sugars	4.1	g
Sodium	495	mg

### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, garlic crusher, medium frying pan, bowl, medium bowl, and two oven trays lined with baking paper.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **tomato** on one side of one of the lined oven trays. Combine the **balsamic vinegar** and half of the **olive oil**. Pour the mixture over the tomato wedges and toss to coat well. Season well with **salt** and **pepper**. Cook in the oven for **15 minutes**.



**3** Meanwhile, toss the **chicken breast** in the **traditional pesto** until it's coated well. Heat a dash of olive oil in a medium frying pan over a medium-high heat. Add the pesto chicken and cook for **2 minutes** on each side. Transfer the chicken to the tray with the tomatoes and cook everything for a further **10 minutes**.

**4** Place the **parbaked sourdough roll cubes** on the remaining lined oven tray. Toss in the remaining olive oil and the **garlic** and cook for **10 minutes** or until golden.



**5** Toss the roast tomato, **cucumber**, **parsley leaves** and sourdough croutons in a medium bowl to combine. Divide between plates and serve with the pesto chicken.



**Did you know?** The word 'pesto' comes from the Italian word 'pestare' meaning to crush or pound.