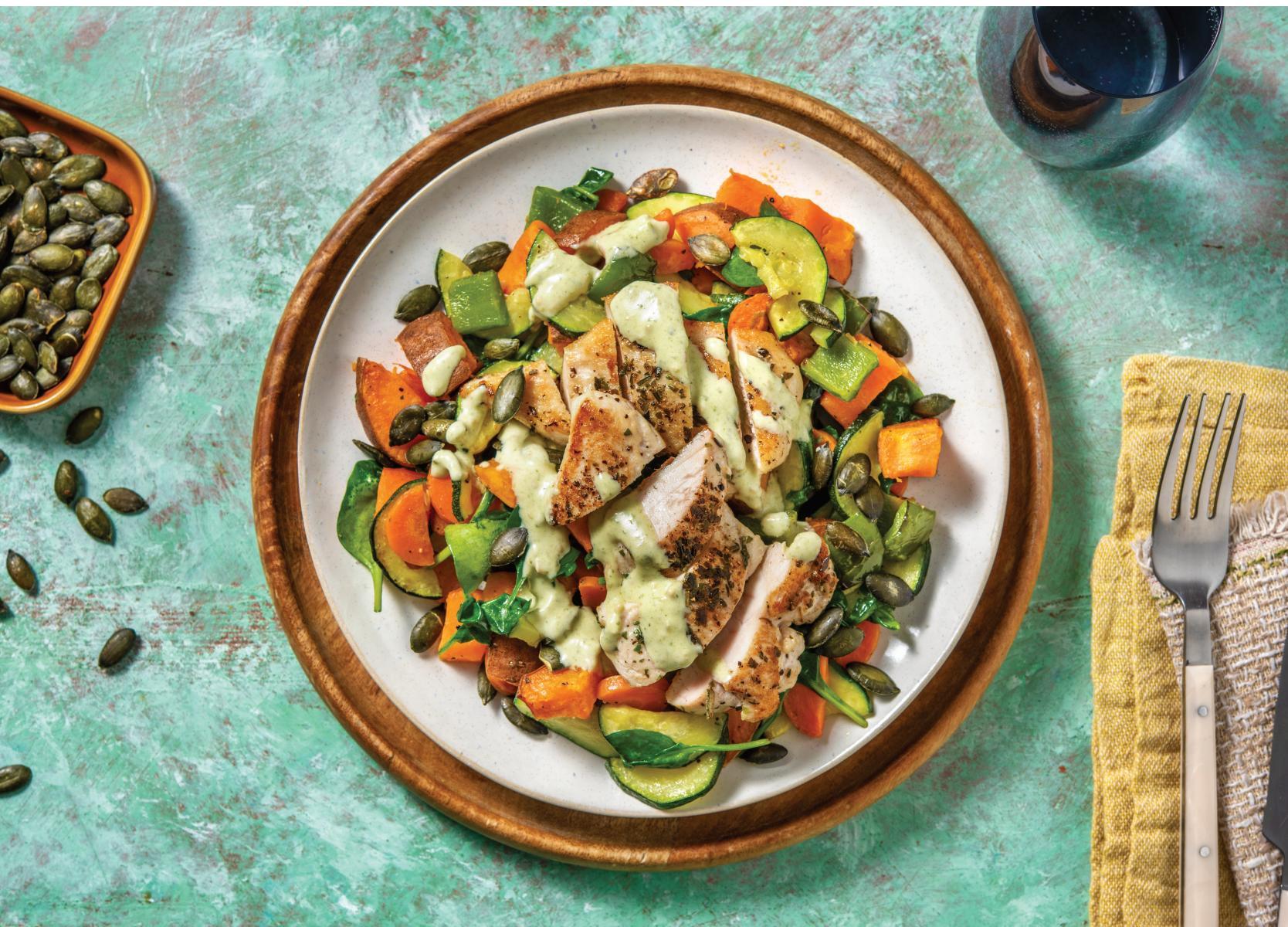




Garlic & Herb Chicken

with Roast Veggies & Pesto Dressing

Grab your Meal Kit
with this symbol



Sweet Potato



Zucchini



Carrot



Capsicum



Garlic & Herb
Seasoning



Chicken Breast



Pepitas



Baby Spinach
Leaves



Creamy Pesto
Dressing



Salmon

Hands-on: 30-40 mins
Ready in: 40-50 mins
Naturally gluten-free
Not suitable for Coeliacs

Eat me early

You can't go wrong with garlic and herbs, or roasted veggies, or creamy pesto dressing... Know where we're going with this? That's right, this meal is a greatest hits of our favourite flavours, with juicy chicken breast leading the way.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People refer to method	4 People refer to method
olive oil*		
sweet potato	2	4
zucchini	1	2
carrot	1	2
capsicum	1	2
garlic & herb seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
pepitas	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water*	1 tsp	2 tsp
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2880kJ (688Cal)	375kJ (90Cal)
Protein (g)	42.3g	5.5g
Fat, total (g)	35.9g	4.7g
- saturated (g)	5.8g	0.8g
Carbohydrate (g)	43.5g	5.7g
- sugars (g)	23.5g	5.7g
Sodium (mg)	646mg	84mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3120kJ (745Cal)	419kJ (100Cal)
Protein (g)	37.1g	5g
Fat, total (g)	44.9g	6g
- saturated (g)	7.5g	1g
Carbohydrate (g)	42.6g	5.7g
- sugars (g)	23.4g	3.1g
Sodium (mg)	588mg	79mg

The quantities provided above are averages only.

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into small chunks. Thickly slice the **zucchini** into half-moons. Thinly slice the **carrot** into half-moons. Cut the **capsicum** into bite-sized chunks.



Roast the veggies

Place the **sweet potato** and **carrot** on a lined oven tray. On a second lined oven tray, place the **zucchini** and **capsicum**. Drizzle both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Coat the chicken

While the veggies are roasting, combine the **garlic & herb seasoning** and a drizzle of **olive oil** in a large bowl. Season. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to the **garlic & herb mixture** and mix well. Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast, tossing, until lightly toasted, **3-4 minutes**. Transfer to a bowl and set aside.



Cook the chicken

Return the frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness).

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



Toss the veggies

In a large bowl, combine the **roast veggies** and **baby spinach leaves**, and toss well to combine. Combine the **creamy pesto dressing** with the **water**.



Serve up

Slice the chicken steaks. Divide the roast veggies between plates. Top with the sliced chicken and spoon over any chicken resting juices. Sprinkle with the pepitas and drizzle over the **creamy pesto dressing** to serve.



When the oil is hot, cook the salmon, skin-side down first, until just cooked through, 2-4 minutes each side.



Enjoy!