



CHEESY HASSELBACK CHICKEN BREAST

with Capsicum Relish & Roast Veggie Toss



Make hasselback chicken



Sweet Potato



Beetroot



Zucchini



Red Onion



Chicken Breast



Chargrilled Capsicum Relish



Shredded Cheddar Cheese



Baby Spinach Leaves



Creamy Pesto Dressing

Pantry Staples: Olive Oil, Vinegar (White Wine or Red Wine)

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Get ready to meet the chicken of your dreams! With a cheesy crust and tasty pockets of chargrilled capsicum relish, every bite is a flavour bomb. Teamed with a medley of sweet roasted veggies and creamy pesto dressing, this is definitely a dinner worth staying in for.

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**



1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** and **beetroot** (both unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm chunks. Slice the **red onion** into 2cm wedges. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Add the **sweet potato, beetroot, zucchini** and **onion** to an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and a **pinch of pepper**. Toss to coat, then spread out in a single layer. Roast until tender, **25-30 minutes**. **TIP:** Beetroot retains a lot of its firmness when cooked. It's cooked when you can pierce it with a fork.



3 PREP THE HASSELBACK CHICKEN

While the veggies are roasting, cut deep slices, taking care not to slice all the way through, across the **chicken breast** at 1cm intervals. Place the **chicken**, cut-side up, on a second oven tray lined with baking paper and stuff with the **chargrilled capsicum relish**. Season with a **generous pinch of salt** and **pepper**, then sprinkle with the **shredded Cheddar cheese**.



4 BAKE THE CHICKEN

Bake the chicken until cooked through, **12-16 minutes** (depending on the size of the fillet). **TIP:** Chicken is cooked through when it is no longer pink inside.



5 MAKE THE VEGGIE TOSS

In a large bowl, combine the roasted **veggies, baby spinach leaves**, a **drizzle** of **olive oil** and the **vinegar**. Season to taste with **salt** and **pepper** and toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp!



6 SERVE UP

Divide the roast veggie toss between plates. Drizzle with the **creamy pesto dressing** and top with the cheesy hasselback chicken.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
beetroot	1	2
zucchini	1	2
red onion	1	2
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
chargrilled capsicum relish	1 tub (50g)	1 tub (100g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
creamy pesto dressing	1 tub (50g)	1 tub (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3010kJ (719Cal)	443kJ (106Cal)
Protein (g)	52.7g	7.8g
Fat, total (g)	35.4g	5.2g
- saturated (g)	9.9g	1.5g
Carbohydrate (g)	45.1g	6.6g
- sugars (g)	24.3g	3.6g
Sodium (g)	762mg	112mg

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

→ 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

2020 | WK10

