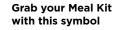


# **Cheesy Hasselback Chicken Breast**

with Chargrilled Capsicum Relish & Roast Veggie Toss









**Sweet Potato** 











**Chicken Breast** 







**Shredded Cheddar** 



Leaves

Cheese





**Pantry items** 

Olive Oil, Vinegar (White Wine or Red Wine)



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



Get ready to meet the chicken dish 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 roasted veggies and creamy pesto dressing, this is definitely a dinner worth staying in for.

#### 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

#### Ingredients

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

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
<b>3010kJ</b> (719Cal)	<b>443kJ</b> (106Cal)
52.7g	7.8g
35.4g	5.2g
9.9g	1.5g
45.1g	6.6g
24.3g	3.6g
762mg	112mg
	3010kJ (719Cal) 52.7g 35.4g 9.9g 45.1g 24.3g

#### **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.



## 1. Prep the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato and beetroot (both unpeeled) into 1cm chunks. Slice the capsicum into 1cm-thick strips. 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**, **capsicum** 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. You can tell it's cooked when you can easily pierce it with a fork.



### 3. Prep the hasselback chicken

While the veggies are roasting, place the **chicken breast** on a second oven tray lined with baking paper. Cut deep slits into the **chicken breast** at 1cm intervals, taking care to not slice all the way through. Stuff the slits with the **chargrilled capsicum relish.** Season with a generous pinch of **salt** and **pepper**, then sprinkle with the **shredded Cheddar cheese**.



# 4. Bake the hasselback chicken

Bake the **chicken** until cooked through, **12-16 minutes** (depending on the size of the fillet).

**TIP:** Chicken is cooked through when it's 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 cheesy hasselback chicken and roast veggie toss between plates. Serve with the **creamy pesto dressing**.

**Enjoy!**