



Cheesy Hasselback Chicken Breast

with Chargrilled Capsicum Relish & Roast Veggie Toss

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Capsicum



Red Onion



Chicken Breast



Chargrilled Capsicum Relish



Shredded Cheddar Cheese



Baby Spinach Leaves



Creamy Pesto Dressing



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



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

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.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

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*	¼ tsp	½ tsp
chicken breast	1 packet	1 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 packet (50g)	1 packet (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

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.



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!