



Cheesy Hasselback Chicken

with Capsicum Relish & Garlic-Herb Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Chicken Breast



Chargrilled Capsicum Relish



Shredded Cheddar Cheese



Tomato



Carrot



Mixed Salad Leaves



Garlic Aioli

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

Eat me early

Get ready to meet the chicken of your dreams! With a crispy, cheesy crust and tasty pockets of capsicum relish, every bite is a flavour bomb. Teamed with herby roasted potatoes and creamy aioli, this is definitely a dinner worth staying in for.

Pantry items

Olive Oil, Balsamic Vinegar

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
potato	3	6
garlic & herb seasoning	1 sachet	1 sachet
chicken breast	1 packet	1 packet
chargrilled capsicum relish (50g)	1 packet	1 packet (100g)
shredded Cheddar cheese (50g)	1 packet	1 packet (100g)
tomato	1	2
carrot	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves (30g)	1 bag	1 bag (60g)
garlic aioli (50g)	1 packet	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2928kJ (699Cal)	495kJ (118Cal)
Protein (g)	50g	8.5g
Fat, total (g)	35.2g	6g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	45.2g	7.6g
- sugars (g)	12.4g	2.1g
Sodium (mg)	1013mg	171mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Add the **potato** and **garlic & herb seasoning** to an oven tray lined with baking paper. Drizzle with **olive oil** and season with **pepper**. Toss to coat, then spread out in a single layer. Roast on the top oven shelf until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



2 Prep the hasselback chicken

While the potato is roasting, cut deep slices, taking care to not 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 the slices with the **chargrilled capsicum relish**. Season with **salt** and **pepper**, then sprinkle with the **shredded Cheddar cheese**.



3 Bake the hasselback chicken

Bake the **chicken** on the lower oven shelf until cooked through, **12-16 minutes** (depending on size).

TIP: Chicken is cooked through when it's no longer pink inside.



4 Prep the salad

While the chicken is baking, roughly chop the **tomato**. Grate the **carrot** (unpeeled). In a large bowl, combine a drizzle of **olive oil** and a drizzle of **balsamic vinegar**. Season with **salt** and **pepper**.



5 Finish the salad

Add the **tomato**, **carrot** and **mixed salad leaves** to the **dressing**. Toss to coat and season to taste.



6 Serve up

Slice the cheesy hasselback chicken. Divide the chicken, garlic-herb roasted potatoes and garden salad between plates. Serve with the **garlic aioli**.

Enjoy!