



BAKED CHEESY TOMATO CHICKEN

with Golden Potatoes, Beans & Carrots



Add a cheesy tomato topping to chicken



Potato



Garlic



Basil



Slivered Almonds



Chicken Breast



Dried Oregano



Chopped Tomatoes



Vegetable Stock



Shredded Cheddar Cheese



Green Beans



Carrot

Pantry Staples: Olive Oil, Brown Sugar, Butter

Hands-on: 25 mins
Ready in: 40 mins

1 Eat me early

Keep your chicken breasts tender and full of flavour by baking them in a rich tomato sauce and covering the whole thing with Cheddar. With a melted, gooey top and lots of colourful veggies on the side, this chicken dinner will win over the whole family!

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **oven tray** lined with **baking paper** • **large frying pan** • **large baking dish**



1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Place the potato on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

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



2 TOAST THE ALMONDS

While the potato is roasting, finely chop the **garlic** (or use a garlic press). Pick and slice the **basil** leaves. Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



3 START THE CHICKEN

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Season the **chicken breast** on both sides with **salt** and **pepper** and add to the hot pan. Cook until golden, **2 minutes** each side. Transfer to a large baking dish. Return the pan to a medium heat with a **drizzle of olive oil**. Add the **garlic** and **dried oregano** (see ingredients list) and cook until fragrant, **1 minute**. Add the **chopped tomatoes**, **basil**, **brown sugar**, **butter** and crumble in **1 vegetable stock cube**. Simmer until thickened, **3-4 minutes**.



4 BAKE THE CHEESY CHICKEN

Pour the **tomato mixture** over the chicken in the baking dish. Sprinkle with the **shredded Cheddar cheese** and bake until the chicken is just cooked through, **6-10 minutes** (depending on thickness). Set aside to rest for **5 minutes**. **TIP:** Chicken is cooked through when it is no longer pink inside.



5 COOK THE VEGGIES

While the chicken is baking, trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. Wipe out the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the green beans and **carrot** and a **splash of water** and cook, tossing, until tender, **5-6 minutes**. Season with **salt** and **pepper**.

6 SERVE UP

Divide the baked cheesy chicken and tomato sauce between plates. Serve the roast potato and veggies on the side. Sprinkle the slivered almonds over the adults' portions.

TIP: For kids, follow our serving suggestion in the main photo.

ENJOY!

4-5 PEOPLE INGREDIENTS

4-5P	refer to method
olive oil*	
potato	6
garlic	2 cloves
basil	1 bunch
slivered almonds	1 packet
chicken breast	1 packet
dried oregano	½ sachet
chopped tomatoes	1 tin (400 g)
brown sugar*	2 tsp
butter*	20 g
vegetable stock	1 cube
shredded Cheddar cheese	1 bag (50 g)
green beans	1 bag (200 g)
carrot	2

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2410kJ (576Cal)	385kJ (92Cal)
Protein (g)	50.0g	8.0g
Fat, total (g)	22.9g	3.7g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	38.1g	6.1g
- sugars (g)	11.2g	1.8g
Sodium (g)	456mg	73mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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