

# Easy Fetta & Tomato Hasselback Chicken

with Pear Salad & Spiced Potatoes



Chopped Potato



Nan's Special Seasoning



Chicken Breast



Tomato Relish



Fetta Cubes



Carrot



Pear



Mixed Salad Leaves

Hands-on: **15-25 mins**  
 Ready in: **30-40 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Calorie Smart  
 Eat Me Early

We know you love your hasselback chicken. This super satisfying version feels a bit fancy, and even happens to be low cal!

**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
chopped potato	1 packet	2 packets
Nan's special seasoning	1 sachet	2 sachets
chicken breast	1 small packet	1 large packet
tomato relish	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
carrot	1	2
pear	½	1
mixed salad leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2181kJ (521Cal)	382kJ (91Cal)
Protein (g)	48.4g	8.5g
Fat, total (g)	14.2g	2.5g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	45.5g	8g
- sugars (g)	18g	8g
Sodium (mg)	1039mg	182mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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 oven to **220°C/200°C fan-forced**.
- Place the **chopped potato** and **Nan's special seasoning** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then spread out in a single layer.
- Roast on the middle or top oven rack until tender, **25-30 minutes**.

3



## Make the salad

- While chicken is baking, grate **carrot**. Thinly slice **pear** (see ingredients).
- In a large bowl, combine **carrot**, **pear** and **mixed salad leaves**. Drizzle with **olive oil** and **balsamic vinegar**. Toss to coat. Season to taste.

2



## Bake the hasselback chicken

- Meanwhile, cut deep slices, taking care to not slice all the way through, across the **chicken breast** at 1cm intervals. Season, then place, cut-side up, on a second lined oven tray.
- Top with **tomato relish**. Crumble over the **fetta cubes**.
- Bake on the bottom oven rack until cooked through, **12-16 minutes**.

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

4



## Serve up

- Divide the fetta and tomato hasselback chicken between plates.
- Serve with the pear salad and spiced potatoes.

## Enjoy!

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