



Feta & Pesto Hasselback Chicken

with Pear Salad & Spiced Potatoes

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Chicken Breast



Basil Pesto



Feta



Flaked Almonds



Cucumber



Pear



Mixed Salad Leaves

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

Eat me early

Can you get a more perfectly portioned plate? This nutritionally balanced meal has a healthy serve of chicken coated in the most delectable basil pesto, a crisp pear salad with loads of texture, and tasty potato chunks. Delish!

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 ·
Small frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
chicken breast	1 packet	1 packet
basil pesto	1 packet (50g)	1 packet (100g)
feta	1 packet (50g)	1 packet (100g)
flaked almonds	1 packet	2 packets
cucumber	1 (medium)	1 (large)
pear	½	1
mixed salad leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2780kJ (665Cal)	484kJ (116Cal)
Protein (g)	47.8g	8.3g
Fat, total (g)	35.0g	6.1g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	36.3g	6.3g
- sugars (g)	8.6g	1.5g
Sodium (mg)	907mg	158mg

Allergens

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

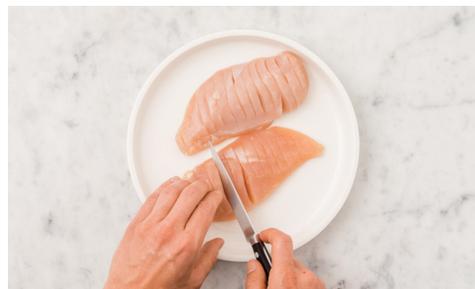
Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato** and **Aussie spice blend** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **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 chicken

While the potato is roasting, cut deep slices at 1cm intervals, taking care to not slice all the way through, across the **chicken breast**. Place the chicken, cut-side up, on a second oven tray lined with baking paper and top with the **basil pesto**. Season with a **generous pinch** of **salt** and **pepper**, then crumble over the **feta**.



3. Bake the hasselback chicken

Place the **chicken** on the lower oven shelf and bake 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.



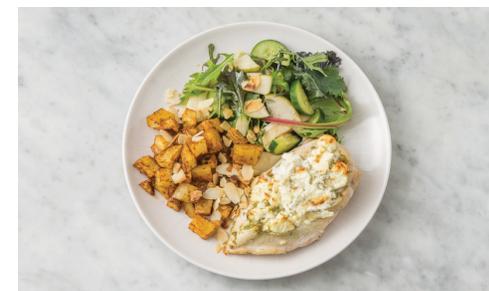
4. Toast the almonds

In the last **5 minutes** of **chicken** cook time, add the **flaked almonds** to the side of the oven tray with the **potatoes** and bake until toasted.



5. Make the salad

While the almonds are toasting, thinly slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients list). In a large bowl, combine the **cucumber**, **pear**, **mixed salad leaves**, a **small drizzle** of **olive oil** and the **balsamic vinegar**. Season to taste and toss to coat.



6. Serve up

Divide the feta and pesto hasselback chicken, spiced potatoes and pear salad between plates. Scatter over the toasted almonds.

Enjoy!