



DINNER - GOAT CHEESE, CHICKEN & PESTO PASTA

LUNCH - CHICKEN, BEETROOT & GOAT CHEESE SALAD

DINNER TO LUNCH

Cook once,
eat twice!

DINNER



LUNCH



Lemon



Chicken Breast



Cherry Tomatoes



Spaghetti



Traditional Pesto



Goat Cheese



Baby Spinach
Leaves

FOR YOUR LUNCH



Sweet Potato



Beetroot



Slivered Almonds

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey

DINNER
Hands-on: 45 mins
Ready in: 45 mins

Eat me early

LUNCH
Ready in: 10 mins

Cook once, eat twice! This recipe makes a tasty dinner, plus we've given you more ingredients so you can transform your cooking into a different and satisfying lunch for the next day. Start with an easy pesto and chicken spaghetti with roasted cherry tomatoes, then turn the extra chicken and a quick dressing into a fresh salad to enjoy at lunch. It's two meals but you're only cooking once!

BEFORE YOU START

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



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Cut the **lemon** into wedges. Cut the **sweet potato** and **beetroot** (unpeeled) into 1cm chunks (these will become your lunch). Slice the **chicken breast** into 1cm strips.

2 ROAST THE VEGGIES

On an oven tray lined with baking paper, toss the **sweet potato** and **beetroot** with a **drizzle of olive oil** and season with **salt** and **pepper**. Roast for **25-30 minutes** or until tender. Set aside until packing lunch. On a second oven tray lined with baking paper, toss the **cherry tomatoes**, the **balsamic vinegar** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Season with **salt** and **pepper** and roast for **15-20 minutes**, or until blistered.

3 COOK THE PASTA

While the veggies are roasting, add the **spaghetti** to the saucepan of boiling water and cook for **9 minutes**, or until 'al dente', stirring occasionally to ensure the pasta doesn't stick. Drain, return to the saucepan and toss with a **drizzle of olive oil** to prevent sticking.



4 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, for **3-4 minutes** or until golden. Transfer to a bowl. Return the pan to a high heat with a **drizzle of olive oil**. Add **1/2 the chicken** and cook, tossing, for **4-5 minutes** or until cooked through. Season generously with **salt** and **pepper** and transfer to a plate. Repeat with the remaining chicken. Set aside **2 portions (about 1 cup)** for lunch.

5 SERVE UP DINNER

Add the remaining chicken plus any **resting juices**, **traditional pesto (50g for 2 people / 100g for 4 people)**, **cherry tomatoes** (and any **tray juices**), **1/2 the goat cheese** and a handful of **baby spinach leaves** to the pasta and toss to combine. Season to taste with **salt** and **pepper**. Divide the goat cheese & pesto spaghetti between bowls and top with a squeeze of lemon and a good grind of black pepper.



6 MAKE LUNCH

When you're ready to pack lunch, combine a **squeeze of lemon juice** with the **honey**, **remaining pesto**, **1 tbs olive oil**, and a **pinch of salt** and **pepper** in a bowl. Divide the dressing between two containers. Top with the **reserved chicken**, **beetroot** and **sweet potato**, and **remaining baby spinach** and **goat cheese**. Season with **salt** and **pepper**. Refrigerate. Divide the **slivered almonds** into two portions and wrap in foil. At lunch, toss the salad and top with almonds. **TIP:** *Separating the dressing and leaves keeps the leaves crisp!*

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	1	2
sweet potato	1	1
beetroot	1	1
chicken breast	1 large packet	1 large & 1 small packet
cherry tomatoes	1 punnet	2 punnets
balsamic vinegar*	1 tbs	2 tbs
spaghetti	1 packet	2 packets
slivered almonds	1 packet	1 packet
traditional pesto	1 tub (100 g)	1 tub (150 g)
goat cheese	1 block (80 g)	1½ blocks (120 g)
baby spinach leaves	1 bag (120 g)	1 bag (180 g)
honey*	1 tsp	1 tsp

*Pantry Items

NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	3730kJ (892Cal)	721kJ (172Cal)
Protein (g)	62.6g	12.1g
Fat, total (g)	34.9g	6.7g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	79.0g	15.3g
- sugars (g)	7.5g	1.4g
Sodium (g)	325mg	63mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	2900kJ (692Cal)	695kJ (166Cal)
Protein (g)	44.0g	10.6g
Fat, total (g)	46.6g	11.2g
- saturated (g)	8.2g	2.0g
Carbohydrate (g)	21.6g	5.2g
- sugars (g)	12.4g	3.0g
Sodium (g)	315mg	76mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Please call us with any questions or concerns | (02) 8188 8722
Hello@HelloFresh.com.au

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