

Italian Chicken & Caramelised Cherry Tomatoes

with Pesto Dressing & Parmesan-Pear Salad

Grab your Meal Kit with this symbol



Cherry Tomatoes



Red Onion



Potato



Garlic



Pear



Thyme



Chicken Breast



Italian Herbs



Mixed Salad Leaves



Shaved Parmesan Cheese



Creamy Pesto Dressing

 Hands-on: 30-40 mins
 Ready in: 40-50 mins
 Naturally gluten-free
 Not suitable for Coeliacs

 Eat me early

Classic Italian flavours shine in this fuss-free feast. With herbed garlicky chicken, sweet bursts of roasted cherry tomato, creamy mash and a Parmesan-laced salad, it's enough to make even the most traditional Italian envious.

Pantry items

Olive Oil, Balsamic Vinegar, Butter, Milk, Brown Sugar

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

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	½ punnet	1 punnet
red onion	½	1
balsamic vinegar*	3 tsp	1½ tbs
potato	2	4
butter*	40g	80g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
pear	1	2
thyme	½ bunch	1 bunch
chicken breast	1 small packet	1 large packet
Italian herbs	½ sachet	1 sachet
brown sugar*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
shaved Parmesan cheese	½ packet	1 packet
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3168kJ (757Cal)	511kJ (122Cal)
Protein (g)	41.8g	6.7g
Fat, total (g)	45.5g	7.3g
- saturated (g)	16.7g	2.7g
Carbohydrate (g)	41.4g	6.7g
- sugars (g)	15.1g	2.4g
Sodium (mg)	721mg	116mg

Allergens

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

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



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Slice the **cherry tomatoes** (see ingredients) in half. Cut the **red onion** (see ingredients) into 1cm wedges. Place the **cherry tomatoes** and **onion** on an oven tray lined with baking paper. Add the **balsamic vinegar (for the veggies)** and a generous drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat. Roast until blistered, **15-20 minutes**.



Cook the chicken

In a large bowl, combine the **Italian herbs** (see ingredients), **brown sugar** and a good drizzle of **olive oil**. Season with **salt**. Add the **chicken** and toss to coat. Heat a large frying pan over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Cook in batches if your pan is getting crowded. Transfer to a plate. Cook the **garlic** and **thyme** until fragrant, **1 minute**. Remove from the heat and return the **chicken** to the pan. Mix to combine.

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



Make the mash

While the veggies are roasting, peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and **salt**, then mash with a potato masher or fork until smooth. Cover to keep warm.



Make the salad

In a medium bowl, combine the **mixed salad leaves**, **pear** and **shaved Parmesan cheese** (see ingredients). Add a drizzle of **olive oil** and **balsamic vinegar** and toss to combine.



Get prepped

While the potato is cooking, finely chop the **garlic**. Thinly slice the **pear**. Pick the **thyme** leaves (see ingredients). Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Serve up

Divide the mash between plates and top with the Italian chicken and caramelised cherry tomatoes and onion. Spoon over any juices from the tray. Serve with the **creamy pesto dressing** and Parmesan-pear salad.

Enjoy!