



MAY
2016

Mozzarella and Pesto Crusted Chicken

with Roasted Potatoes and Green Salad

Pesto is the secret ingredient in this recipe! It not only adds delicious flavor to the chicken, but also acts as the glue for a crunchy panko coating. Crispy roasted potatoes and a light green salad complete this easy weeknight dinner.



Prep: 5 min
Total: 30 min



level 1



nut
free



Chicken Breasts



Panko
Breadcrumbs



Mozzarella
Cheese



Yukon Potatoes



Pesto



Mixed Greens



Lemon

Ingredients

Chicken Breasts		24 oz
Panko Breadcrumbs	1)	½ Cup
Mozzarella Cheese	2)	1 Cup
Yukon Potatoes		24 oz
Pesto	2)	4 T
Spring Mix		4 oz
Lemon		1
Olive Oil*		8 t

4 People

*Not Included

Allergens

1) Wheat

2) Milk

Tools

2 Baking sheets, Small bowl, Large bowl

Ruler

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Nutrition per person Calories: 583 cal | Fat: 22 g | Sat. Fat: 4 g | Protein: 50 g | Carbs: 51 g | Sugar: 4 g | Sodium: 513 mg | Fiber: 8 g

1



1 Roast the potatoes: Wash and dry all produce. Preheat the oven to 450 degrees. Cut the **potatoes** into ½-inch cubes. Toss them on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing halfway through cooking, until golden brown.

2



2 Prep and cook the chicken: In a small bowl, combine the **panko**, **mozzarella**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place the **chicken** on a lightly oiled baking sheet. Spread the top of each **chicken breast** with **1 Tablespoon pesto**. Press the **panko mixture** onto the top of the chicken to adhere. Place in the oven for about 20 minutes, until cooked through.

3



3 Toss the salad: Halve the **lemon**. In a large bowl, toss together the **mixed greens**, a squeeze of **lemon juice**, and 2 large drizzles of **olive oil**. Season to taste with **salt** and **pepper**.

4 Plate and serve: Serve the **mozzarella and pesto crusted chicken** with the **roasted potatoes** and **green salad** alongside. Enjoy!

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