



Pesto & Cheddar-Crusted Chicken

with Sweet Potato Wedges & Garden Salad

Grab your Meal Kit with this symbol



Sweet Potato



Shredded Cheddar Cheese



Panko Breadcrumbs



Chicken Breast



Basil Pesto



Carrot



Cucumber



Tomato



Pepitas



Mixed Salad Leaves

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

Calorie Smart

Eat me early

Pesto is the secret ingredient in this recipe. It not only adds delicious flavour to the chicken, but also acts as the glue for the Cheddar crust! Roasted sweet potato and a garden salad complete this easy weeknight winner.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Honey

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
sweet potato	2	4
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
panko breadcrumbs	½ packet	1 packet
chicken breast	1 small packet	1 large packet
basil pesto	1 sachet (50g)	1 sachet (100g)
carrot	1	2
cucumber	1	2
tomato	1	2
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	1 tsp	½ tbs
pepitas	1 packet	2 packets
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	403kJ (96Cal)
Protein (g)	47.5g	7g
Fat, total (g)	27.8g	4.1g
- saturated (g)	9.3g	1.4g
Carbohydrate (g)	48.5g	7.2g
- sugars (g)	21.1g	3.1g
Sodium (mg)	352mg	52mg

Allergens

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

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



Bake the wedges

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the sweet potato to size so it cooks in time.



Make the Cheddar topping

While the wedges are baking, combine the **shredded Cheddar cheese, panko breadcrumbs** (see ingredients) and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper** and stir to combine.



Bake the chicken

Place the **chicken breast** on a second oven tray lined with baking paper, and season with the **salt** and a pinch of **pepper**. Using a spoon, spread the top of each **chicken breast** with enough **basil pesto** to cover and then top with the **panko and Cheddar topping**, gently pressing so it sticks. Bake until the crumb is golden and the chicken is cooked through, **14-18 minutes**.

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



Prep the salad

While the chicken is cooking, grate the **carrot** (unpeeled). Slice the **cucumber** into half-moons. Roughly chop the **tomato**. In a medium bowl, combine the **vinegar, honey** and a drizzle of **olive oil** (1 tsp for 2 people / 2 tsp for 4 people). Heat a small frying pan over a medium-high heat. Add the **pepitas** and toast, tossing, until golden, **2-3 minutes**.



Make the salad

Add the **carrot, cucumber, tomato** and **mixed salad leaves** to the bowl with the dressing. Season with **salt** and **pepper** and toss to combine.



Serve up

Divide the pesto and Cheddar-crusted chicken, sweet potato wedges and garden salad between plates. Top the salad with the pepitas to serve.

Enjoy!