



APR
2017

Pesto Chicken

with Tomato-Cucumber Panzanella Salad

Panzanella is an Italian salad that combines toasty homemade croutons with veggies! Together with crunchy cucumbers and roasted tomatoes, this salad is the perfect pairing for the easiest chicken dish.

 **Prep**
30 min



Chicken Breast



Tomato



Basil Pesto



Demi-Baguette



Garlic



Cucumber



Parsley



Balsamic Vinegar

Ingredients

Chicken Breasts		2 pkg (680 g)
Tomatoes		4
Cucumber		1
Basil Pesto	1) 2)	1 pkg (¼ cup)
Demi-Baguette	3)	1
Garlic		1 pkg (10 g)
Parsley		1 pkg (10 g)
Balsamic Vinegar	4)	1 bottle (2 tbsps)
Sugar*		2 tsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Tree Nuts/Noix
- 2) Milk/Lait
- 3) Wheat/Blé
- 4) Sulphites/Sulfites

Tools

Large Bowl, Baking Sheet, Large Non-Stick Pan, Medium Bowl

Nutrition per person Calories: 442 cal | Fat: 11 g | Protein: 48 g | Carbs: 37 g | Fibre: 1 g | Sodium: 592 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat the oven to 400°F (to bake the croutons, tomatoes and chicken). Start prepping when the oven comes up to temperature!

2 Make the croutons: Cut the **baguette** into ½-inch cubes. Mince or grate the **garlic**. On a baking sheet, toss the **bread cubes** with the garlic and a drizzle of **oil**. Bake in the centre of the oven until golden, stirring halfway through, 8-10 min.

4



3 Prep: Meanwhile, **wash and dry all produce**. Coarsely chop the **parsley**. Cut the **cucumber** into ½-inch cubes. Cut the **tomatoes** into ½-inch wedges.

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4 Prep the veggies: Transfer the **baked croutons** to a medium bowl. In a large bowl, toss the **tomatoes** with the **vinegar** and a drizzle of **oil**. Use tongs to transfer the tomatoes to one side of the same baking sheet, shaking off any excess vinegar back into the bowl. Whisk the **sugar** into the vinegar to make a dressing. Add the **cucumbers**. Set aside. Place the tomatoes in the centre of the oven.

5



5 Cook the chicken: Pat the chicken dry with paper towels, and season with **salt** and **pepper**. Rub the **pesto** all over the **chicken breasts**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the chicken. Cook until golden-brown, 2-3 min per side. Transfer the chicken to the baking sheet with the **tomatoes**. Roast until the tomatoes are golden-brown on the edges and the chicken is cooked through, 14-16 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

6 Finish and serve: Toss the **tomatoes, parsley** and **croutons** into the dressing. Thinly slice the **chicken**. Serve the chicken alongside the **salad**. Enjoy!

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