



PESTO, TOMATO & CHEDDAR HASSELBACK CHICKEN

with Roast Potato & Broccoli



Add pesto to
hasselback chicken



Potato



Tomato



Broccoli



Chicken Breast



Traditional Pesto



Shredded Cheddar
Cheese



Dried Oregano

Pantry Staples: Olive Oil

Hands-on: **15 mins**
Ready in: **40 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Hasselback chicken? You better believe it. This handy little trick is just the thing for adding flavour to an otherwise plain chicken breast. Plus, it stops the chicken from drying out. Fill the slices with basil pesto and top with fresh tomato and Cheddar cheese for an easy weeknight win.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



1 ROAST THE POTATO

Preheat the oven to **200°C/180°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Place the potato on an oven tray lined with baking paper, **drizzle** with **olive oil** and season generously with **salt** and **pepper**. Roast for **25-30 minutes**, or until tender.

TIP: Cut the potato to the correct size to ensure it cooks in the allocated time.



2 PREP THE VEG

While the potato is roasting, thinly slice the **tomato** into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk.



3 FILL THE HASSELBACK CHICKEN

Cut deep slices 1cm apart in the top of each **chicken breast** without cutting all the way through. Season the chicken breasts with a **good pinch** of **salt** and **pepper** and place on a second oven tray lined with baking paper. Spoon dollops of **traditional pesto** into the cuts on the chicken, then top with the **tomato** slices and some **shredded Cheddar cheese**. Sprinkle with some **dried oregano** (see **ingredients list**) and **drizzle** with **olive oil**.



4 BAKE THE CHICKEN

Bake the **hasselback chicken** for **14-18 minutes**, or until the cheese is melted and the chicken has cooked through.

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



5 COOK THE BROCCOLI

When the chicken has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **broccoli** and a **splash** of **water** and cook for **6-8 minutes**, or until tender. Season with a **pinch** of **salt** and **pepper**.



6 SERVE UP

Divide the roast potato, broccoli and pesto, tomato and Cheddar hasselback chicken between plates.

TIP: For kids, follow our serving suggestions in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
tomato	1
broccoli	1 head
chicken breast	1 packet
traditional pesto	1 tub (75 g)
shredded Cheddar cheese	1 packet (100 g)
dried oregano	½ sachet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2450kJ (586Cal)	489kJ (117Cal)
Protein (g)	52.7g	10.5g
Fat, total (g)	28.0g	5.6g
- saturated (g)	9.4g	1.9g
Carbohydrate (g)	27.5g	5.5g
- sugars (g)	2.0g	0.4g
Sodium (g)	366mg	73mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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