

Red Pesto Chicken

with Panzanella-Style Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Chicken Breast



Red Pesto



Bake-At-Home Ciabatta



Garlic



Rustic Herb Spice Blend



Tomato



Cucumber



Mixed Salad Leaves



Shaved Parmesan Cheese



Garlic Aioli

Hands-on: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Eat me early

Our flavourful red pesto transforms this fuss-free meal into an Italian feast. We've paired it with tender chicken and included a hearty salad and garlicky croutons to make a dinner the whole family will love.

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken breast	1 small packet	1 large packet
red pesto	1 sachet (50g)	1 sachet (100g)
bake-at-home ciabatta	½	1
garlic	1 clove	2 cloves
rustic herb spice blend	½ sachet	1 sachet
tomato	1	2
cucumber	1	2
vinegar* (white wine or balsamic)	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
shaved Parmesan cheese	½ packet	1 packet
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2568kJ (613Cal)	607kJ (145Cal)
Protein (g)	39.9g	9.4g
Fat, total (g)	40.5g	9.6g
- saturated (g)	6.4g	1.5g
Carbohydrate (g)	20.6g	4.9g
- sugars (g)	6.3g	1.5g
Sodium (mg)	435mg	103mg

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.

1



Add flavour to the chicken

Preheat the oven to **200°C/180°C fan-forced**. In a large bowl, combine the **chicken breast** and **red pesto**. Season with **salt** and **pepper** and toss to coat. Set aside.

2



Cook the chicken

In a large frying pan, heat a small drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until browned, **2 minutes** each side. Transfer to an oven tray lined with baking paper and pour over any remaining **pesto** from the pan or the bowl. Bake until cooked through, **8-12 minutes**. Set aside to rest.

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

3



Make the croutons

While the chicken is baking, tear the **bake-at-home ciabatta** (see ingredients) into small chunks. Finely chop the **garlic**. In a medium bowl, combine the **ciabatta**, **garlic**, **rustic herb spice blend** (see ingredients) and a generous drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat. Spread out on a second oven tray lined with baking paper and bake until golden, **8-10 minutes**.

4



Prep the salad

While the croutons are baking, roughly chop the **tomato**. Thinly slice the **cucumber** into half-moons.

5



Make the salad

In a large bowl, combine the **vinegar**, **honey** and a good drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **tomato**, **cucumber**, **mixed salad leaves**, **shaved Parmesan cheese** (see ingredients) and **croutons** to the **dressing** and toss to coat.

6



Serve up

Slice the red pesto chicken. Divide the panzanella salad between plates and top with the chicken. Spoon over any juices from the oven tray. Serve with the **garlic aioli**.

Enjoy!