



JUN
2016

Roasted Pesto Chicken

with Italian Panzanella

Panzanella is a classic Tuscan dish best enjoyed in the warmer months. Created for the purpose of using up stale bread, it's a dish with humble roots. Together with fresh summer veggies and pesto chicken, we're transforming this modest dish to something worthy of company!



Prep: 10 min
Total: 35 min



level 1



nut free



Chicken Breasts



Roma Tomatoes



Pesto



Demi Baguettes



Parsley



Garlic



Cucumbers



Balsamic
Vinegar

Ingredients

Chicken Breasts		24 oz
Roma Tomatoes		4
Pesto	1)	½ Cup
Demi Baguettes	2)	2
Garlic		4 Cloves
Parsley		¼ oz
Cucumbers		2
Balsamic Vinegar		4 T
Olive Oil*		4 T

4 People

*Not Included

Allergens

1) Milk

2) Wheat

Tools

Medium bowl, Foil, 2 Baking sheets, Shallow dish, Large pan, Large Bowl

Ruler

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Nutrition per person Calories: 522 cal | Fat: 21 g | Sat. Fat: 3 g | Protein: 48 g | Carbs: 35 g | Sugar: 8 g | Sodium: 422 mg | Fiber: 4 g



1 Prep the veggies: Wash and dry all produce. Preheat the oven to 400 degrees. Core and slice the **tomatoes** into wedges. Quarter the **cucumbers** lengthwise, then cut them into ½-inch pieces. Mince the **garlic**. Cut the **baguettes** into ¾-inch cubes. Pick the **parsley leaves** from the stems, then discard the stems.



2 Marinate the tomatoes: In a medium bowl, combine **2 Tablespoons balsamic vinegar** and **2 Tablespoons olive oil**. Toss in the **tomatoes** and season with **salt** and **pepper**.



3 Roast the tomatoes: Place the **tomatoes** on one side of a foil-lined baking sheet and place in the oven for about 15 minutes, until softened and slightly caramelized.

4 Cook the chicken: In a shallow dish, coat the **chicken** with the **pesto**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **chicken** to the pan and cook for 2-3 minutes per side, until browned but not yet cooked through. Transfer to the baking sheet in the oven to finish cooking for 5-10 minutes, until cooked through. Remove the chicken from the oven to rest for 5 minutes.



5 Make the croutons: Toss the **baguette cubes** on another baking sheet with the **garlic**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven to toast for about 10 minutes, until golden brown and crispy on the outside.

6 Toss and Serve: Place the **croutons** in a large bowl with the **roasted tomatoes, cucumbers, and parsley leaves**. Season generously with **salt** and **pepper**. Toss in the remaining **balsamic vinegar** and a large drizzle of **olive oil**. Serve the **roasted pesto chicken** alongside and enjoy!

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