



Seared Garlicky Chicken & Bacon Roast Veggies

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Hands-on: 30-40 mins
 Ready in: 35-45 mins
 Naturally gluten-free
Not suitable for Coeliacs

Eat me early

We're giving chicken a flavour upgrade with our popular Aussie seasoning and creamy pesto dressing. Add a warm side salad of roasted veggies and baby spinach sprinkled with pan-fried bacon, and dinner is ready in a flash!

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
capsicum	1	2
red onion	½	1
carrot	1	2
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
diced bacon	1 small packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2790kJ (666Cal)	388kJ (92Cal)
Protein (g)	47.3g	6.6g
Fat, total (g)	31.3g	4.3g
- saturated (g)	6.4g	0.9g
Carbohydrate (g)	42.1g	5.8g
- sugars (g)	23.6g	3.3g
Sodium (mg)	1128mg	157mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Thinly slice the **capsicum**. Slice the **red onion** (see ingredients) into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm rounds. Divide the **veggies** between two oven trays lined with baking paper. Drizzle the veggies with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.



Cook the bacon

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **diced bacon** until golden, **4-5 minutes**.



Prep the chicken

While the veggies are roasting, combine the **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **chicken** and toss to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until browned, **2 minutes** each side. When the **veggies** have **10 minutes** cook time remaining, remove the bottom tray from the oven, push the **veggies** to one side and transfer the **chicken** to the tray. Bake until cooked through, **6-10 minutes** (depending on thickness). Transfer to a plate and cover with foil to rest.

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



Bring it all together

In a large bowl, combine the **roasted veggies**, **bacon** and **baby spinach leaves**. Toss to coat and season with **pepper**.



Serve up

Slice the chicken. Divide the bacon roasted veggie toss between plates and top with the chicken. Serve with the **creamy pesto dressing**.

Enjoy!