



Nan's Chicken & Roast Veggie Traybake

with Creamy Pesto Dressing

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Capsicum



Carrot



Nan's Special Seasoning



Chicken Breast Strips



Flaked Almonds



Baby Kale



Creamy Pesto Dressing



Half Chicken

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early

Our popular Nan's special seasoning - a perfect blend of paprika, pepper, onion and garlic - instantly adds a rich, traditional flavour to succulent chicken breast. Add a creamy pesto dressing and roasted veggies for a dish worth enjoying again and again.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
capsicum	1	2
carrot	1	2
Nan's special seasoning	1 sachet	1 sachet
plain flour*	1 tsp	2 tsp
chicken breast strips	1 packet	1 packet
flaked almonds	1 packet	2 packets
baby kale	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (40g)	1 packet (80g)
half chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2220kJ (531Cal)	356kJ (85Cal)
Protein (g)	42g	6.7g
Fat, total (g)	21g	3.4g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	39.4g	6.3g
- sugars (g)	9g	1.4g
Sodium (mg)	653mg	105mg
Dietary Fibre (g)	8.5g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2667kJ (637Cal)	318kJ (76Cal)
Protein (g)	61.6g	7.4g
Fat, total (g)	24g	2.9g
- saturated (g)	10.2g	1.2g
Carbohydrate (g)	39.4g	4.7g
- sugars (g)	9g	1.1g
Sodium (mg)	681mg	81mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat the oven to **240°C/220°C fan-forced**.
- Cut **potato** and **capsicum** into bite-sized chunks. Cut **carrot** into thick half-moons.
- In a medium bowl, combine **Nan's special seasoning**, the **plain flour** and a pinch of **salt** and **pepper**. Add **chicken breast strips** and turn to coat.

Custom Recipe: If you've upgraded to half chicken, season chicken as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, skin-side down, until browned, 5 minutes each side. Transfer to a second lined oven tray. Roast chicken until cooked through, 35-45 minutes.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken strips** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

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



Roast the veggies

- Place the **potato**, **capsicum** and **carrot** on a lined oven tray.
- Drizzle with **olive oil**, add the **salt** and season with **pepper**. Toss to coat and spread out evenly.
- Roast until golden and tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

Little cooks: Help toss the veggies!

Custom Recipe: When chicken is done, set aside to rest, 5-10 minutes.



Toss the veggies

- When the veggies are done, add **baby kale** and a drizzle of **balsamic vinegar** to the tray and gently toss to combine.



Toast the almonds

- While the veggies are roasting, heat a large frying pan over medium-high heat. Toast **flaked almonds** until golden, **2-3 minutes**. Transfer to a bowl.



Serve up

- Divide roast veggie toss between bowls and top with **chicken**.
- Spoon over **creamy pesto dressing** and garnish with toasted almonds to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the almonds.

Rate your recipe

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