

# Cheesy Capsicum Chicken Melts

with Roasted Veggies & Garlic Butter Broccoli

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Broccoli



Chicken Breast



Sweet Paprika



Chargilled Capsicum Relish



Shredded Cheddar Cheese



Basil

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Eat me early

Calorie Smart

Load up chicken breasts with flavour before baking them until golden and tender. Chargilled capsicum relish and melted Cheddar combine to make a sensational topping that everyone will happily devour!

### Pantry items

Olive Oil, Butter



## 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
potato	2	4
carrot	1	2
garlic	1 clove	2 cloves
broccoli	1 head	2 heads
chicken breast	1 packet	1 packet
sweet paprika	½ sachet	1 sachet
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
butter*	20g	40g
basil	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (575Cal)	366kJ (87Cal)
Protein (g)	48.2g	7.3g
Fat, total (g)	23.7g	3.6g
- saturated (g)	10.9g	1.7g
Carbohydrate (g)	38.9g	5.9g
- sugars (g)	8.7g	1.3g
Sodium (mg)	636mg	97mg

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](https://hellofresh.co.nz/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 **potato** and **carrot** into bite-sized chunks. Place the **veggies** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and **pepper**, then toss to coat. Roast until tender, **30-35 minutes**.



## Bake the chicken

Spread the **chargrilled capsicum relish** over the paprika **chicken** and sprinkle with the **shredded Cheddar cheese**. Bake until cooked through, **8-12 minutes**.

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



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Cut the **broccoli** into small florets, then roughly chop the stalk.



## Cook the broccoli

While the chicken is cooking, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli**, stirring, until softened, **5-6 minutes**. Add the **garlic** and **butter** and cook, tossing, until fragrant and well coated, **1 minute**. Season to taste.

**TIP:** Add a dash of water to the pan to help speed up the broccoli cooking process.



## Prep the chicken

When the veggies have **15 minutes** cook time remaining, place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 2cm thick. In a medium bowl, combine the **sweet paprika** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **chicken** and toss to coat. Transfer the **chicken** to a second lined oven tray.



## Serve up

Thinly slice the **basil** leaves. Divide the cheesy capsicum chicken melts, garlic butter broccoli and roasted veggies between plates. Garnish with the basil.

## Enjoy!