

# Nan's Chicken & Roast Veggie Traybake

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Potato



Capsicum



Carrot



Flaked Almonds



Chicken Breast



Nan's Special Seasoning



Salad Leaves



Creamy Pesto Dressing

### Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

### Pantry items

Olive Oil, Plain Flour, Balsamic Vinegar

 Hands-on: 20-30 mins  
 Ready in: 30-40 mins

 Eat Me Early

 Calorie Smart

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.

## 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

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
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
water*	½ tbs	1 tbs
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
plain flour*	1 tsp	2 tsp
salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	50g	100g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2373kJ (567Cal)	340kJ (81Cal)
Protein (g)	43.2g	6.2g
Fat, total (g)	23.4g	3.4g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	41.7g	6g
- sugars (g)	11.2g	1.6g
Sodium (mg)	714mg	102mg

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.



### 1 Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **capsicum** into bite-sized chunks. Thickly slice the **carrot** into half-moons.



### 2 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. Spread out evenly, then roast until golden and tender, **20-25 minutes**.

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



### 3 Toast the almonds

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



### 4 Cook the chicken

Place your hand flat on top of the **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **Nan's special seasoning**, the **plain flour** and a pinch of **salt** and **pepper**. Add the **chicken** and turn to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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



### 5 Toss the veggies

When the veggies are cooked, add the **salad leaves** and a drizzle of **balsamic vinegar** to the tray and gently toss to combine.



### 6 Serve up

Slice the seasoned chicken. Divide the roast veggie traybake between plates and top with the chicken. Spoon over the **creamy pesto dressing** and garnish with the toasted almonds to serve.

Enjoy!