



# Baked Pesto, Onion & Crumbly Cheese Chicken

## with Wedges & Apple Salad

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Red Onion



Apple



Cucumber



Chicken Breast



Basil Pesto



Greek Salad Cheese/ Feta Cheese



Mixed Salad Leaves

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

Calorie Smart

Eat me early

Can you get a more perfectly portioned plate? This nutritionally balanced meal has a healthy serve of chicken breast coated in the most delectable basil pesto, a crisp apple salad and tasty oven-roast wedges. Delish!

### Pantry items

Olive Oil, White Wine Vinegar

## 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
garlic & herb seasoning	1 sachet	1 sachet
red onion	1 (medium)	1 (large)
apple	½	1
cucumber	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
basil pesto	1 packet (50g)	1 packet (100g)
Greek salad cheese/ feta cheese	1 block (50g)	1 block (100g)
white wine vinegar*	½ tbs	1 tbs
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2704kJ (646Cal)	458kJ (109Cal)
Protein (g)	42.9g	7.3g
Fat, total (g)	34.4g	5.8g
- saturated (g)	9g	1.5g
Carbohydrate (g)	40.4g	6.8g
- sugars (g)	9.9g	1.7g
Sodium (mg)	938mg	159mg

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.



## Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges and place on a lined oven tray. Add the **garlic & herb seasoning** and a drizzle of **olive oil**, then season with **pepper**. Toss to coat and bake until tender, **20-25 minutes**.



## Get prepped

While the wedges are baking, thinly slice the **red onion** and **apple** (see ingredients). Thinly slice the **cucumber** into half-moons. Place your hand flat on top of each **chicken breast** and cut through horizontally, without slicing all the way through. Open the **chicken** up like a book, then season with **salt** and **pepper**.



## Sear the chicken

Heat a large frying pan over a high heat with a drizzle of **olive oil**. When the pan is hot, cook the **chicken** until browned, **2 minutes** each side. Transfer to a second lined oven tray.



## Bake the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **4-5 minutes**. Spread the **basil pesto** over the **chicken**, then top with the **onion** and crumble over the **cheese**. Bake the **chicken** until cooked through, **4-5 minutes** (depending on size).

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



## Make the salad

In a large bowl, combine the **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **mixed salad leaves**, **apple** and **cucumber**. Toss to coat.



## Serve up

Divide the baked pesto, onion and crumbly cheese chicken between plates. Serve with the wedges and apple salad.

**Enjoy!**