

Baked Pesto, Onion & Crumbly Cheese Chicken

with Wedges & Apple Salad

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Seasoning



Red Onion







Chicken Breast

Cucumber



Basil Pesto



Greek Salad Cheese/

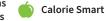
Feta Cheese

Mixed Salad Leaves

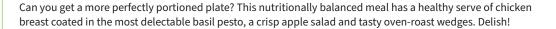
Pantry items

Olive Oil, White Wine Vinegar

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







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

3			
	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	1/2	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 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!