Cheesy Capsicum Hasselback Chicken

with Potato Wedges & Cucumber Salad

EASY KIDS DINNER NEW

Grab your meal kit with this number **22**

- Potato
- Chicken Breast
- Chargrilled Capsicum Relish
- Shredded Cheddar Cheese
- Cucumber
- Mixed Salad Leaves

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early

Get ready for a bite of cheesy perfection! Juicy, golden chicken topped with smokey capsicum relish and ooey gooey melted cheese. Nestled alongside crisp potato wedges and a crunchy cucumber salad, this one-pan wonder is packed with bold flavours and minimal fuss.

- Diced Bacon
- Grated Parmesan Cheese
- Halloumi/Grill Cheese

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chargrilled capsicum relish	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
cucumber	1 (medium)	1 (large)
mixed salad leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle

Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2180kJ (521Cal)	416kJ (99Cal)
Protein (g)	50.9g	9.7g
Fat, total (g)	18.3g	3.5g
- saturated (g)	6.7g	1.3g
Carbohydrate (g)	40.1g	7.7g
- sugars (g)	29.8g	5.7g
Sodium (mg)	631mg	120mg
Dietary Fibre (g)	6.7g	1.3g

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

2025 | CW18

1

Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

2

Bake the hasselback chicken

- Meanwhile, cut deep slices, taking care to not slice all the way through, across **chicken breast** at 1cm intervals. Season generously with **salt** and **pepper**.
- Place **chicken** on a second lined oven tray and top with **chargrilled capsicum relish**. Sprinkle over **shredded Cheddar cheese**.
- Roast until cooked through, **12-16 minutes**.

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

3

Toss the salad

- When the chicken has **5 minutes** remaining, slice **cucumber** into half-moons.
- In a large bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.

4

Finish & serve

- Divide cheesy capsicum hasselback chicken, potato wedges and cucumber salad between plates to serve. Enjoy!

ELEVATE ME: *If you've added extra ingredients to this recipe, thinly slice spring onion and roughly chop roast almonds. Sprinkle over spring onion and almonds. Serve with Italian truffle mayonnaise.*

CUSTOM OPTIONS

DICED BACON: Sprinkle over fries in the last 5 minutes of cooking time.

GRATED PARMESAN CHEESE: Sprinkle over fries in the last 5 minutes of cooking time.

HALLOUMI/GRILL CHEESE: Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO