

# Cheesy Hasselback Chicken

with Red Pesto & Roast Veggie Toss

Grab your Meal Kit with this symbol



Kumara



Beetroot



Red Onion



Carrot



Chicken Breast



Red Pesto



Shredded Cheddar Cheese




Rocket Leaves



Garlic Aioli

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

 Eat me early

Get ready to meet the chicken of your dreams! With a crispy, cheesy crust and tasty pockets of red pesto, every bite is a flavour bomb. Teamed with a medley of sweet roasted veggies and creamy aioli, this is definitely a dinner worth staying in for.

*Unfortunately, this week's baby spinach leaves were in short supply, so we've replaced them with rocket leaves. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

## 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
kumara	2 (medium)	2 (large)
beetroot	1	2
red onion	1 (medium)	1 (large)
carrot	1	2
salt*	¼ tsp	½ tsp
chicken breast	1 packet	1 packet
red pesto	1 packet (50g)	1 packet (100g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
rocket leaves	1 bag (30g)	1 bag (60g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3380kJ (807Cal)	508kJ (121Cal)
Protein (g)	49.1g	7.4g
Fat, total (g)	45.2g	6.8g
- saturated (g)	10.6g	1.6g
Carbohydrate (g)	47.0g	7.1g
- sugars (g)	25.3g	3.8g
Sodium (mg)	803mg	121mg

## 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.



## Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** and **beetroot** (both unpeeled) into 1cm chunks. Slice the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) into 2cm chunks.

**TIP:** Cut the veggies to size so they cook in time.



## Roast the veggies

Place the **kumara**, **beetroot**, **onion** and **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil**, sprinkle with the **salt** and season with **pepper**. Toss to coat, then arrange in a single layer. Roast until tender, **25-30 minutes**.

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



## Prep the hasselback chicken

While the veggies are roasting, cut deep slits into the **chicken breast** at 1cm intervals, taking care to not slice all the way through. Place the **chicken**, cut-side up, on a second oven tray lined with baking paper and stuff the slits with the **red pesto**. Season with **salt** and **pepper**, then sprinkle over the **shredded Cheddar cheese**.



## Bake the hasselback chicken

Bake the **chicken** until cooked through, **12-16 minutes** (depending on size).

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



## Make the veggie toss

While the chicken is baking, combine the roasted **veggies**, **rocket leaves**, a drizzle of **olive oil** and the **vinegar** in a large bowl. Season to taste and toss to coat.



## Serve up

Divide the cheesy hasselback chicken and roast veggie toss between plates. Serve with the **garlic aioli**.

Enjoy!