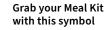


Cheesy Hasselback Chicken with Red Pesto & Roast Veggie Toss











Red Onion



Chicken Breast



Shredded Cheddar



Cheese





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

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!



Olive Oil, Vinegar (White Wine or Red Wine)

Eat me early

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 \cdot Large frying pan

Ingredients

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	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*	1/4 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 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!