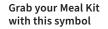
Cheesy Hasselback Chicken

with Capsicum Relish & Garlic-Herb Roasted Potatoes













Chicken Breast





Chargrilled Capsicum Relish



Shredded Cheddar



Cheese





Leaves



Pantry items

Olive Oil, Balsamic 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

Ingredients

g			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
garlic & herb seasoning	1 sachet	1 sachet	
chicken breast	1 packet	1 packet	
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
tomato	1	2	
carrot	1	2	
balsamic vinegar*	drizzle	drizzle	
mixed salad leaves	1 bag (30g)	1 bag (60g)	
garlic aioli	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2928kJ (699Cal)	495kJ (118Cal)
Protein (g)	50g	8.5g
Fat, total (g)	35.2g	6g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	45.2g	7.6g
- sugars (g)	12.4g	2.1g
Sodium (mg)	1013mg	171mg

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.



Roast the potato

Preheat the oven to 240°C/220°C fan-forced. Cut the potato (unpeeled) into 2cm chunks. Add the potato and garlic & herb seasoning to an oven tray lined with baking paper. Drizzle with olive oil and season with pepper. Toss to coat, then spread out in a single layer. Roast on the top oven shelf until tender, 20-25 minutes.

TIP: Cut the potato to size so it cooks in time.



Prep the hasselback chicken

While the potato is roasting, cut deep slices, taking care to not slice all the way through, across the **chicken breast** at 1cm intervals. Place the **chicken**, cut-side up, on a second oven tray lined with baking paper and stuff the slices with the **chargrilled capsicum relish**. Season with **salt** and **pepper**, then sprinkle with the **shredded Cheddar cheese**.



Bake the hasselback chicken

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

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



Prep the salad

While the chicken is baking, roughly chop the **tomato**. Grate the **carrot** (unpeeled). In a large bowl, combine a drizzle of **olive oil** and a drizzle of **balsamic vinegar**. Season with **salt** and **pepper**.



Finish the salad

Add the **tomato**, **carrot** and **mixed salad leaves** to the **dressing**. Toss to coat and season to taste.



Serve up

Slice the cheesy hasselback chicken. Divide the chicken, garlic-herb roasted potatoes and garden salad between plates. Serve with the **garlic aioli**.

Enjoy!