



Cheesy Tomato & Spiced Chicken

with Baked Potatoes & Apple Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Apple



Chicken Breast



Aussie Spice Blend



Tomato Paste



Shredded Cheddar Cheese



Mixed Salad Leaves



Mayonnaise

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Eat Me Early

Keep your chicken breast tender and full of flavour by cooking them in a rich tomato sauce and covering the whole thing with Cheddar. With a melted, gooey top and a colourful salad on the side, this chicken dinner will win over the whole family!

Pantry items

Olive Oil, Butter, Brown Sugar, White Wine 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

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
apple	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2881kJ (688Cal)	484kJ (115Cal)
Protein (g)	45.2g	7.6g
Fat, total (g)	33.9g	5.7g
- saturated (g)	14.4g	2.4g
Carbohydrate (g)	50g	8.4g
- sugars (g)	23.7g	4g
Sodium (mg)	914mg	153mg

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 potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



Get prepped

While the potatoes are baking, grate the **carrot**. Thinly slice the **apple** into sticks. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken** and turn to coat. Season.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). In the last **1-2 minutes** of cook time, add the **tomato paste**, **butter**, **brown sugar** and a dash of **water** and cook, turning the **chicken** to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Add the cheese

Reduce the heat to medium, then sprinkle the **shredded Cheddar cheese** over the chicken and cover with a lid (or foil) so the cheese melts, **1-2 minutes**.



Toss the salad

In a large bowl, combine the **mixed salad leaves**, **carrot**, **apple** and a drizzle of **white wine vinegar** and **olive oil**. Season.



Serve up

Divide the cheesy tomato and spiced chicken, baked potatoes and apple salad between plates. Serve with the **mayonnaise**.

Enjoy!