



Feta & Pesto Hasselback Chicken

with Pear Salad & Spiced Potatoes

Grab your Meal Kit with this symbol



Potato



Nan's Special Seasoning



Chicken Breast



Basil Pesto



Feta



Cucumber



Pear



Mixed Salad Leaves

Hands-on: 20-30 mins
 Ready in: 35-45 mins

Eat me early

Can you get a more perfectly portioned plate? This nutritionally balanced meal has a healthy serve of chicken coated in the most delectable basil pesto, a crisp pear salad with loads of texture, and tasty roast potato chunks. Delish!

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Nan's special seasoning	1 sachet	1 sachet
chicken breast	1 packet	1 packet
basil pesto	1 packet (50g)	1 packet (100g)
feta	1 block (50g)	1 block (100g)
cucumber	1 (medium)	1 (large)
pear	½	1
mixed salad leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2639kJ (630Cal)	476kJ (113Cal)
Protein (g)	49.3g	8.9g
Fat, total (g)	31.5g	5.7g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	35.1g	6.3g
- sugars (g)	6.8g	1.2g
Sodium (mg)	903mg	163mg

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. Place the **potato** and **Nan's special seasoning** on 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 until tender, **20-25 minutes**.

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



Prep the hasselback chicken

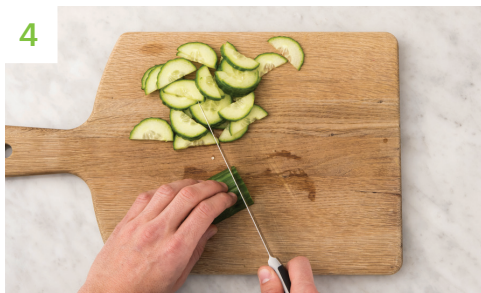
While the potato is roasting, cut deep slices, taking care to not slice all the way through, across the **chicken breast** at 1cm intervals. Place the **chicken**, cut-side up, on a second oven tray lined with baking paper, then spoon over the **basil pesto**. Season with **salt** and **pepper**, then crumble over the **feta**.



Bake the hasselback chicken

Place the **chicken** on the lower oven shelf and bake 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, thinly slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients).



Make the salad

In a large bowl, combine the **cucumber**, **pear**, **mixed salad leaves**, a small drizzle of **olive oil** and the **balsamic vinegar**. Season to taste and toss to coat.



Serve up

Divide the feta and pesto hasselback chicken, spiced potatoes and pear salad between plates.

Enjoy!