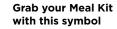


Italian Chicken & Roasted Roma Tomatoes

with Mash & Creamy Pesto Dressing







Baby Roma Tomatoes







Potato



Cucumber

Thyme



Chicken Breast

Italian Herbs





Mixed Salad Leaves

Italian Dressing



Creamy Pesto Dressing







Pantry items

Olive Oil, Balsamic Vinegar, Butter, Milk, Brown Sugar

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

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Oven tray lined with} \\ \mbox{baking paper} \cdot \mbox{Large frying pan}$

Ingredients

ingredients		
	2 People	4 People
olive oil*	refer to method	refer to method
baby Roma tomatoes	½ tin	1 tin
red onion	1/2	1
balsamic vinegar*	2 tsp	4 tsp
potato	2	4
butter*	40g	80g
milk*	2½ tbs	⅓ cup
salt*	1/4 tsp	½ tsp
garlic	1 clove	2 cloves
cucumber	1 (medium)	1 (large)
thyme	1 bunch	1 bunch
chicken breast	1 packet	1 packet
Italian herbs	½ sachet	1 sachet
brown sugar*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
Italian dressing	½ packet (12.5ml)	1 packet (25ml)
creamy pesto dressing	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3120kJ (745Cal)	457kJ (109Cal)
Protein (g)	44.1g	6.5g
Fat, total (g)	44.2g	6.5g
- saturated (g)	15.4g	2.3g
Carbohydrate (g)	41.3g	6.1g
- sugars (g)	11.4g	1.7g
Sodium (mg)	855mg	125mg

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.



1. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced.
Bring a medium saucepan of lightly salted water to the boil. Drain the baby Roma tomatoes (see ingredients list). Slice the red onion (see ingredients list) into 1cm wedges. Place the tomatoes and onion on an oven tray lined with baking paper and toss with the balsamic vinegar, a pinch of salt and pepper and a generous drizzle of olive oil. Roast until caramelised, 15-20 minutes.



2. Make the mash

While the veggies are roasting, peel the **potato** and cut into 2cm chunks. Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** to the **potato** and mash with a potato masher or fork until smooth. Cover to keep warm.



3. Get prepped

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **cucumber** into half-moons. Pick the **thyme** leaves. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **Italian herbs** (see ingredients list), brown sugar, a **good pinch** of **salt** and a **good drizzle** of **olive oil**. Add the **chicken** and toss to coat.



4. Cook the chicken

Heat a large frying over a medium-high heat. Add the **chicken** in batches and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate. Add the **garlic** and **thyme** to the empty pan and cook, until fragrant, **1 minute**. Remove from the heat, then return the **chicken** to the pan and toss to coat. Remove the pan from the heat and set aside.

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



5. Make the salad

In a large bowl, combine the **mixed salad leaves** and **cucumber**. Just before serving, add the **Italian dressing (see ingredients list)** and toss to coat.



6. Serve up

Divide the mash between plates and top with the Italian chicken and roasted veggies. Spoon over any juices from the tray. Dollop over the **creamy pesto dressing**. Serve with the mixed salad.

Enjoy!