



# Italian Chicken & Roasted Roma Tomatoes

## with Mash & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Baby Roma Tomatoes



Red Onion



Potato



Garlic



Cucumber



Thyme



Chicken Breast



Italian Herbs



Mixed Salad Leaves



Italian Dressing



Creamy Pesto Dressing

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

Eat me early

Classic Italian flavours shine in this fuss-free feast. With herbed garlicky chicken, sweet bursts of roasted Roma tomatoes, creamy mash and a basil pesto dressing, it's enough to make even the most traditional Italian envious.

### 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

Medium saucepan · Oven tray lined with baking paper · Large frying pan

### Ingredients

|                       | 2 People          | 4 People        |
|-----------------------|-------------------|-----------------|
| olive oil*            | refer to method   | refer to method |
| baby Roma tomatoes    | ½ tin             | 1 tin           |
| red onion             | ½                 | 1               |
| balsamic vinegar*     | 2 tsp             | 4 tsp           |
| potato                | 2                 | 4               |
| butter*               | 40g               | 80g             |
| milk*                 | 2½ tbs            | ½ cup           |
| salt*                 | ¼ 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](https://www.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**.



## 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.



## 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.



## 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.



## 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.



## 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!**