



# Fuss-Free Cheesy Pesto Chicken Traybake

with Roasted Veg, Herby Potatoes and Balsamic Glaze

45

Family 30-35 Minutes • 1 of your 5 a day



Potatoes



Mixed Herbs



Bell Pepper



Red Onion



Baby Plum Tomatoes



British Chicken Thighs



Pesto



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Balsamic Glaze



British Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Red Onion	1	1	2
Baby Plum Tomatoes	125g	190g	250g
British Chicken Thighs**	3	6	6
Pesto <b>7</b>	32g	48g	64g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Balsamic Glaze <b>14</b>	12ml	18ml	24ml
British Chicken Breast**	2	3	4

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	626g	100g	636g	100g
Energy (kJ/kcal)	2943 / 703	470 / 112	2475 / 592	389 / 93
Fat (g)	30.7	4.9	14.5	2.3
Sat. Fat (g)	9.3	1.5	4.6	0.7
Carbohydrate (g)	70.9	11.3	69.7	10.9
Sugars (g)	22.1	3.5	22.3	3.5
Protein (g)	42.4	6.8	49.7	7.8
Salt (g)	1.57	0.25	1.59	0.25

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7**) Milk **8**) Egg **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray.

Drizzle with **oil**, sprinkle over the **mixed herbs**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Pesto is Besto

In a medium bowl, combine the **chicken thighs** and **pesto**. Season with **salt** and **pepper** and toss to coat the **chicken**.

Add the **chicken thighs** to the other side of the baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, prep in the same way, then heat a drizzle of **oil** in a frying pan on medium-high heat. Fry, 5 mins each side. Once browned, roast, 15-20 minutes.



## Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.

Halve and peel the **red onion**, then cut each half into 4 wedges.



## Get Roasting

Roast the **chicken** and **veg** on the middle shelf of your oven until the **veg** has softened and the **chicken** is slightly golden and cooked through, 16-18 mins.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Add the Flavour

Add the **pepper chunks**, **onion wedges** and **baby plum tomatoes** to one side of another large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat.



## Serve

When everything's ready, drizzle the **honey** (see pantry for amount) and **sun-dried tomato paste** over the **roasted veg**. Toss to coat evenly.

Share the **potato chunks** and **roasted veg** between your serving bowls.

Top with the **pesto chicken** and sprinkle over the **hard Italian style cheese**. Finish by drizzling over the **balsamic glaze**.

## Enjoy!

↔ Swap to Chicken Breast

Slice the **chicken** into 1cm thick slices when serving.