

Hello
FRESH

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Pesto Chicken

with Tomato-Cucumber Panzanella Salad

There's nothing delicate about this chunky panzanella with homemade croutons. Together with crunchy cucumbers and roasted tomatoes, this salad is the perfect pairing for the easiest pesto roast chicken.

 Prep
30 min

 level 1



Chicken Breast



Tomato



Basil Pesto



Whole-Wheat
Demi-Baguette



Garlic



Baby Cucumbers



Parsley



Balsamic Vinegar

Ingredients

Chicken Breasts		680 g
Tomatoes		2
Baby Cucumbers		1 pkg (400g)
Basil Pesto	1) 2)	1 pkg (¼ cup)
White Demi-Baguette	3)	1
Garlic		2 cloves
Parsley		14 g
Balsamic Vinegar	4)	1 pkg (2 tbsp)
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Tree Nuts/Noix
- 2) Milk/Lait
- 3) Wheat/Blé
- 4) Sulphites/Sulfites

Tools

Medium Bowl, Large Bowl, Baking Sheet, Large Non-Stick Pan

Nutrition per person Calories: 472 cal | Fat: 18 g | Protein: 45 g | Carbs: 33 g | Fibre: 7 g | Sodium: 607 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Preheat the oven to 400°F. (To bake the croutons, tomatoes and chicken.) Start prepping when the oven comes up to temperature!

2 Bake the croutons: Cut the **baguette** into ½-inch cubes. Mince or grate the **garlic**. On a baking sheet, toss the **bread cubes** with **garlic** and a drizzle of **oil**. Bake in the centre of the oven until golden, stirring halfway through, 8-10 min.



3 Prep: Meanwhile, **wash and dry all produce**. Coarsely chop the **parsley**. Cut the **cucumbers** into ½-inch pieces. Cut the **tomatoes** into ½-inch wedges.

4 Prep the tomatoes: In a large bowl, toss the **tomatoes** with the **vinegar** and a drizzle of **oil**. Transfer the **croutons** to a medium bowl. Arrange the tomatoes on one side of the baking sheet (don't discard the juices in the bowl - we'll use it later!) Roast the tomatoes in the centre of the oven. (We'll add the chicken to this later.)



5 Cook the chicken: Meanwhile, pat the chicken dry with paper towels and season with **salt** and **pepper**. Rub the **pesto** all over the **chicken breasts**. Heat a large non-stick pan over medium-high heat. Add the chicken and cook for 2 min per side. Transfer the chicken to the baking sheet with the **tomatoes** and roast until the tomatoes are golden and the chicken is cooked through, 8-10 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

6 Finish and serve: Slice the **chicken** or cut into pieces. Toss the **tomatoes, parsley, cucumber** and **croutons** into the large bowl with the vinegar. Season with **salt** and **pepper**. Serve salad alongside the chicken. Enjoy!

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