



Super Cheesy Chicken Melts

with roast root veg and garlicky greens

Calorie Smart 30 – 35 mins • Optional spice

24



Chicken Breast



Carrot



Garlic



Broccoli



Tomato Paste



Baby Spinach



Grated Cheese



Italian Herbs



Dried Chilli Flakes



Baby Potatoes

Pantry Items: Oil, Salt, Pepper, Butter, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Carrot	1 unit	2 units
Garlic	1 unit	2 units
Broccoli	250 g	250 g
Tomato Paste	1 tin	2 tins
Baby Spinach	60 g	120 g
Grated Cheese	50 g	100 g
Italian Herbs	½ sachet	1 sachet
Dried Chilli Flakes	1 sachet	2 sachets
Baby Potatoes	500 g	1000 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	624.5 g	100 g
Energy (kJ/kcal)	2389.1 kJ/ 571 kcal	382.6 kJ/ 91.4 kcal
Fat (g)	15 g	2.4 g
Sat. Fat (g)	7.3 g	1.2 g
Carbohydrate (g)	63 g	10.1 g
Sugars (g)	12.7 g	2 g
Protein (g)	50.4 g	8.1 g
Salt (g)	1.4 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



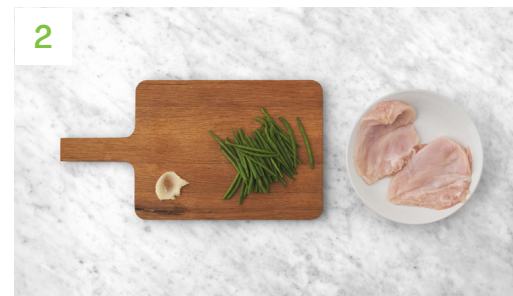
Roast the Veg

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways, quartering any larger pieces. Pop onto a lined baking tray.
- Trim the **carrot** then halve lengthways (no need to peel). Chop widthways into 2cm chunks. Pop onto the tray with the **potatoes**.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer and arrange the **potatoes** cut-side down.
- Roast on the top shelf of the oven until fork tender, 25-35 mins.



Bake the Chicken

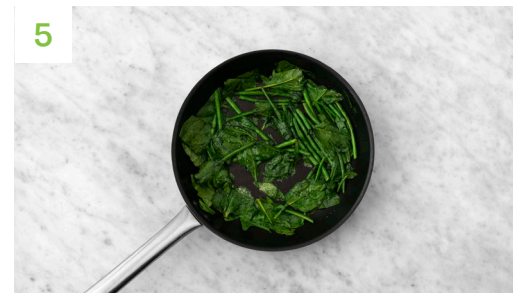
- Spread the **tomato paste** over each **chicken breast**, then sprinkle over the **cheese**.
- Bake until **chicken** is cooked through and **cheese** is melted and golden, 15-20 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Get Prepped

- Trim the tip of the **broccoli**. Cut head into florets and stem into 2cm pieces..
 - Peel and grate the **garlic** (or use a garlic press).
 - Place the **chicken** on a board and one at a time, sandwich each breast between two pieces of baking paper or (cling film).
 - Bash with the bottom of a pot until it's 1-2cm thick.
- IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Steam-fry the Veg

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and fry until starting to char, 2-3 mins.
- Stir in the **garlic**, lower the heat to medium and cook for 1 min.
- Add a splash of **water**, cover and cook until tender, 4-5 mins.
- Once cooked, stir through the **spinach** and allow to wilt. Season to taste with **salt** and **pepper**. Remove the pan from the heat.



Marinate the Chicken

- Toss the **chicken** in a drizzle of **oil**, **half** the **Italian herbs** (double for 4p), and the **chilli flakes** (use less if you don't like spice).
- Season with **salt** and **pepper**.
- Transfer **chicken** to a separate lined baking tray.



Finish and Serve

- Divide cheesy **tomato chicken** melts between plates.
- Serve with roast veg and garlicky greens.

Enjoy!