



Pesto Chicken and Mozzarella Salad

with spinach and balsamic glaze

20 – 25 mins

12



Diced Chicken Breast



Bell Pepper



Hazelnuts



Tomato



Mozzarella



Green Pesto



Balsamic Glaze



Dried Oregano



Baby Spinach

Pantry Items: Sugar, Salt, Pepper, Oil



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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

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Bell Pepper	1 unit	2 units
Hazelnuts	10 g	20 g
Tomato	2 units	4 units
Mozzarella	125 g	250 g
Green Pesto	30 g	60 g
Balsamic Glaze	1 sachet	2 sachets
Dried Oregano	1 sachet	2 sachets
Baby Spinach	60 g	120 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	420.6 g	100 g
Energy (kJ/kcal)	1962.3 kJ/ 469 kcal	466.5 kJ/ 111.5 kcal
Fat (g)	25.5 g	6.1 g
Sat. Fat (g)	10.2 g	2.4 g
Carbohydrate (g)	18 g	4.3 g
Sugars (g)	13.6 g	3.2 g
Protein (g)	46.4 g	11 g
Salt (g)	2.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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Roast the Pepper

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **pepper** onto a lined baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins total.

TIP: Use two baking trays if necessary.



Cook the Chicken

- Season the **chicken** with **oregano, salt, pepper** and a drizzle of **oil**.
- When the **pepper** has cooked for 5 mins, add the **chicken** to the tray.
- Cook 12-15 mins more. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.
- When the **chicken** and **pepper** have cooked for 10 mins, add the **hazelnuts** to the tray. Cook until toasted, 5-6 mins.

TIP: Notice a stronger smell from the chicken? This is normal due to packaging used to keep it fresh.



Dress the Salad

- Meanwhile, cut the **tomato** into 2cm chunks.
- Make your dressing by mixing **pesto**, ½ tsp **sugar**, ¼ tsp **salt** and 2 tbsp **oil** (double all for 4p) in a large bowl.
- Add **spinach, chicken, pepper** and **tomato** to the dressing and toss to combine. Season to taste with **salt** and **pepper**.
- Bash the **hazelnuts** or roughly chop.

TIP: Allow the pepper and chicken to cool before adding to the salad.



Garnish and Serve

- Divide the **pesto chicken** salad between bowls.
- Drain and tear the **mozzarella** then scatter it over the top.
- Crack some **black pepper** onto the **cheese**.
- Finish with a drizzle of **balsamic glaze** and a scattering of toasted **hazelnuts**.

Enjoy!