



Roast Chicken and Creamy Pesto Sauce

with kale and buttery potatoes

30 – 35 mins

5



Irish Chicken Breast



Creme Fraiche



Kale



Stock



Green Pesto



Garlic



Baby Potatoes



Irish Chicken Breast



Irish Beef Rump

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

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

Cooking tools you will need

Baking sheet with baking paper, colander, grater

Ingredients

	2P	4P
Irish Chicken Breast	320 g	640 g
Creame Fraiche	65 g	110 g
Kale	80 g	160 g
Stock	1 sachet	2 sachets
Green Pesto	30 g	60 g
Garlic	1 unit	2 units
Baby Potatoes	500 g	1000 g
Irish Chicken Breast	640 g	1280 g
Irish Beef Rump	240 g	480 g

Nutrition

for uncooked ingredient	Per 100g	Recipe 1	Recipe 2
		Per 100g	Per 100g
Energy (kJ/kcal)	473 kJ/ 113 kcal	466 kJ/ 111 kcal	574 kJ/ 137 kcal
Fat (g)	4.7 g	4.1 g	7.5 g
Sat. Fat (g)	2.1 g	1.7 g	3.3 g
Carbohydrate (g)	10.1 g	7.7 g	10.7 g
Sugars (g)	0.8 g	0.6 g	0.9 g
Protein (g)	9.1 g	12.6 g	7.5 g
Salt (g)	0.4 g	0.3 g	0.4 g

See site or app for detailed nutritional info.

Allergens

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

Contact

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



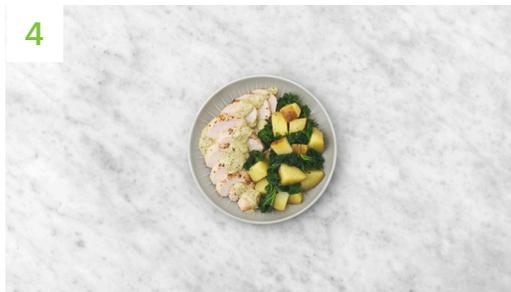
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Roast the Chicken

- Preheat oven to 220°C/200°C fan/gas mark 7.
- Lay the **chicken** onto a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- When the oven is hot, roast on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.

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



Finish and Serve

- When everything is almost ready, reheat the sauce if needed. Add a splash of **water** if it's too thick.
- Slice the **chicken** widthways and divide between plates.
- Serve the buttery **kale** and **potatoes** alongside.
- Spoon the creamy **pesto** sauce over the **chicken** to finish.

Enjoy!

CUSTOM OPTIONS



IRISH BEEF RUMP

Swapping to beef rump? Before making the sauce, season with salt and pepper and fry over high heat until cooked to your liking, 1-6 mins on each side.



Cook the Potatoes

- Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks.
- Add the **potatoes** to the boiling **water** and cook until fork tender (take care not to overcook), 10-15 mins.
- Add the **kale** for the final 3-4 mins of cooking time. Once cooked, drain in a colander and return to the pot, off the heat.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).

TIP: If you're in a hurry you can boil the water in your kettle.



Make the Sauce

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **garlic** until fragrant, 1 min. Add 100ml **water** (per 2P) along with the **stock**.
- Stir together and bring to the boil, then simmer until slightly reduced, 2 mins.
- Stir through the **creme fraiche** and **pesto**, then remove the pan from the heat.
- Season the cooked **kale** and **potatoes** with **salt** and **pepper**. Add 1 tbsp **butter** (per 2P) to the pot and stir to coat.