



Pesto Chicken and Mozzarella Salad

with spinach and balsamic glaze

Calorie Smart 20 – 25 mins

24



Diced Chicken Breast



Bell Pepper



Hazelnuts



Tomato



Mozzarella



Green Pesto



Balsamic Glaze



Dried Oregano



Baby Spinach

Pantry Items: Salt, Pepper, Oil, Sugar



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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 | 1 sachet | 2 sachets |
| 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 | 429 g | 100 g |
| Energy (kJ/kcal) | 2142.2 kJ/ 512 kcal | 499.3 kJ/ 119.3 kcal |
| Fat (g) | 29.9 g | 7 g |
| Sat. Fat (g) | 10.4 g | 2.4 g |
| Carbohydrate (g) | 17.7 g | 4.1 g |
| Sugars (g) | 13.1 g | 3.1 g |
| Protein (g) | 44.9 g | 10.5 g |
| Salt (g) | 1.6 g | 0.4 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.

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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.



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!



Cook the Chicken

- In a bowl, mix the **chicken** with **oregano, salt, pepper** and a drizzle of **oil**.
- When the **pepper** has cooked for 5 mins, pop the **chicken** onto the same baking tray.
- Bake until cooked through, 12-15 mins more.
IMPORTANT: Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.
- Cool after cooking.

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



Dress the Salad

- When the **chicken** and **pepper** have been cooking for 10 mins, pop the **hazelnuts** onto the same tray. Cook until toasted, 6-8 mins.
- 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.