



Cheesy Tomato Chicken

with Italian Roasties and Broccoli



HELLO OREGANO

The name of this herb comes from the ancient Greek for 'joy of the mountains'. Isn't that nice?



Potato



Dried Oregano



Mozzarella



Finely Chopped Tomatoes with Basil



Chicken Breast



Broccoli Florets

MEAL BAG



Hands on: **15** mins
Total: **35** mins



3.5 of your
5 a day



Family Box

Tonight's chicken dish is inspired by the flavours of a classic margherita pizza. And who doesn't like pizza? No one, that's who. Tender chicken breast is baked with tomato sauce and mozzarella and served with herby roast potatoes. Everyone is sure to want a pizza the action!

12

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, some **Kitchen Paper**, an **Ovenproof Dish** and **Frying Pan** (with a **Lid**). Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel!). Pop on a lined baking tray and drizzle over a splash of **oil**. Season with **salt** and **pepper**, sprinkle on the **dried oregano** and toss to coat. **★ TIP:** *If you think the kids would prefer plain potatoes, leave out the oregano!* Spread out evenly and roast on the middle shelf of your oven until soft and golden, 30-35 mins. Turn halfway through cooking.



2 CHEEEEEESE!

Drain the liquid from the **mozzarella cheese** and cut into thin slices. Lay them on some kitchen paper to absorb the excess moisture.



3 BROWN THE CHICKEN

Pour the **chopped tomatoes** into an ovenproof dish. Heat a splash of **oil** in a frying pan over medium-high heat. Season both sides of the **chicken** with **salt** and **black pepper**, then fry (in batches if your frying pan isn't very big) until golden brown all over, 3-4 mins on each side. Place the **chicken** on top of the **tomatoes** in the ovenproof dish. Give the pan a quick wash - we'll use it later for the broccoli.



4 BAKE THE CHICKEN

Place the **mozzarella slices** on top of the **chicken**. Grind over some **pepper**. Bake on the top shelf of your oven until the **chicken** is cooked and the **cheese** is golden and bubbly, 18-20 mins. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



5 BROCCOLI TIME!

When the **potatoes** and **chicken** are 5 mins away from being cooked, heat a splash of **oil** in your now empty frying pan over medium-high heat. Stir-fry the **broccoli** for 3 mins and then add a splash of water. Cover the pan with a lid or foil and steam the **broccoli** until tender, another 2-3 mins. Drain off any excess water, season with **salt** and **pepper** and get ready to serve.



6 SERVE

Share the **Italian roasties** between your plates and then pop a **cheesy chicken breast** alongside. Serve with the **broccoli** and a spoonful of **tomato sauce** drizzled over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 pack	1 pack	2 packs
Dried Oregano	½ pot	¾ pot	1 pot
Mozzarella 7) *	½ ball	1 ball	1 ball
Finely Chopped Tomatoes with Basil	½ carton	1 carton	1 carton
Chicken Breast *	2	3	4
Broccoli Florets *	1 small pack	1 medium pack	1 large pack

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 614G	PER 100G
Energy (kcal)	539	88
(kJ)	2255	367
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	53	9
Sugars (g)	9	1
Protein (g)	55	9
Salt (g)	1.29	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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