



# 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



Finely Chopped Tomatoes



Mozzarella



Chicken Breast



Broccoli

MEAL BAG

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

**1** of your  
**5** a day

**10** 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!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, some **Kitchen Paper**, an **Ovenproof Dish** and a **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 baking tray and drizzle over a splash of **oil**. Season with **salt** and **pepper**, sprinkle on the **dried oregano** and toss to coat. Spread out evenly and roast on the middle shelf of your oven until soft and golden, 30-35 mins. Turn halfway through cooking.



### 2 CHEEEEESE!

Drain the liquid from the **mozzarella cheese** and cut into thin slices. Lay them on some kitchen paper to absorb the excess moisture. Chop the **broccoli** into small florets (like small trees).



### 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 the **chicken** with **salt** and **pepper**, then fry until golden brown all over, 3-4 mins on each side. **★ TIP:** *Do this in batches if necessary so as the chicken browns nicely.* Nestle the **chicken breasts** in the **chopped tomatoes** in the ovenproof dish. Give the frying 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 **black 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 **roasties** and **chicken** are 5 mins away from being cooked, heat a splash of **oil** in the 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

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

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 682G	PER 100G
Energy (kJ/kcal)	2293 / 548	336 / 80
Fat (g)	12	2
Sat. Fat (g)	6	1
Carbohydrate (g)	54	8
Sugars (g)	9	1
Protein (g)	56	8
Salt (g)	0.69	0.10

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?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

YOU CAN RECYCLE ME!

HelloFRESH