



Cheesy Chicken & Herby Panko Crumb

with Mashed Potato & Garlic Veggies

Grab your Meal Kit
with this symbol



Potato



Green Beans



Carrot



Garlic



Parsley



Chicken Breast



Aussie Spice
Blend



Shredded
Cheddar Cheese



Panko Breadcrumbs



Baby Spinach
Leaves



Hands-on: **30-40 mins**
Ready in: **35-45 mins**



Eat Me Early

Can you get a more perfectly portioned plate? This balanced meal has a healthy serve of chicken breast covered in cheesy goodness, a crunchy herb crumb, smooth mash and aromatic garlic veggies. Delish!

Pantry items

Olive Oil, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2½ tbs	½ cup
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	3 cloves	6 cloves
parsley	1 bag	1 bag
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
panko breadcrumbs	½ packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2933kJ (701Cal)	489kJ (117Cal)
Protein (g)	44.7g	7.4g
Fat, total (g)	34.8g	5.8g
- saturated (g)	19g	3.2g
Carbohydrate (g)	50.6g	8.4g
- sugars (g)	9.4g	1.6g
Sodium (mg)	942mg	157mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the mash

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return the **potato** to the saucepan. Add the **butter**, **milk** and a pinch of **salt**, then mash until smooth. Cover to keep warm.

2



Get prepped

While the potato is cooking, trim the **green beans**. Thinly slice the **carrot** into sticks. Finely chop the **garlic**. Roughly chop the **parsley**.

3



Cook the chicken

Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken** and turn to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until browned, **2 minutes** each side. Transfer the **chicken** to a lined oven tray and bake until cooked through, **8-12 minutes**. When the chicken has **5 minutes** cook time remaining, remove the tray from the oven, then sprinkle the **shredded Cheddar cheese** over the **chicken** and bake until melted.

TIP: Chicken is cooked through when it's no longer pink inside.

4



Make the herby panko crumb

While the chicken is baking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a medium bowl, then add the **parsley** and season to taste. Toss to combine and set aside.

5



Cook the garlic veggies

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** and **carrot** with a splash of **water**, tossing, until tender, **4-5 minutes**. Add the **baby spinach leaves** and remaining **garlic** and cook until wilted and fragrant, **1 minute**. Season to taste.

6



Serve up

Slice the cheesy chicken. Divide the mashed potato, garlic veggies and chicken between plates. Sprinkle the herby panko crumb over the chicken to serve.

Enjoy!