

CHICKEN STEAKS & GARLIC BUTTER

with Parmesan Crumb & Cherry Tomato Garden Salad



a fresh side salad and dinner is ready in a flash!

Thin, quick cooking chicken breast steaks get a flavour upgrade with a buttery garlic sauce and crisp panko topping. Add



Add Parmesan to a crumb









Cherry Tomatoes







Lemon

Parmesan Cheese



Panko Breadcrumbs

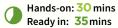
Chicken Breast



Cos Lettuce Mix

Chicken Stock

Pantry Staples: Olive Oil, Balsamic Vinegar, Butter







Low calorie

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

large frying pan



GET PREPPED Grate the **carrot** (unpeeled). Finely chop the parsley leaves. Halve the cherry tomatoes. Finely chop the garlic (or use a garlic press). Slice the lemon into wedges.

Grate the **Parmesan cheese**.



MAKE THE CRUMB Heat a large frying pan over a mediumhigh heat with a good drizzle of olive oil. Add the panko breadcrumbs (see ingredients list) and cook, stirring, until golden, 2-3 minutes. Transfer to a medium bowl and set aside to cool. Once cooled, stir through the parsley and grated Parmesan cheese. Season to taste with salt and pepper.



COOK THE CHICKEN Place your hand flat on top of a chicken **breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining chicken. Season the chicken with salt and pepper. Return the large frying pan to a medium-high heat with a drizzle of olive oil. When the oil is hot, add 1/2 the chicken and cook until cooked through, 3-5 minutes each side (depending on thickness). Transfer to a plate and repeat with the remaining chicken.



SERVE UP Thickly slice the chicken and divide between plates. Spoon over the garlic butter sauce and sprinkle with the parsley and Parmesan crumb. Divide the salad between plates and serve with lemon wedges.

ENJOY!



DRESS THE SALAD In a large bowl, combine the **balsamic** vinegar and 3 tbs olive oil. Add the cherry tomatoes, carrot and cos lettuce mix and toss to coat. Season to taste with salt and **pepper**. * TIP: Toss the salad just before serving to keep the leaves crisp!



MAKE THE SAUCE Return the pan to a medium heat with a **drizzle** of **olive oil**. Add the **garlic** and cook until fragrant, 1 minute. Add the water and 1/4 of a chicken stock cube. Bring to a simmer, scraping up the brown bits from the bottom of the pan as you go. Add the **butter** and a squeeze of lemon juice and cook, stirring, until melted and well combined. 1-2 minutes. Remove from the heat.

TIP: Add any resting juices from the chicken to the sauce for extra flavour!

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INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	1
parsley	1 bunch
cherry tomatoes	1 punnet
garlic	2 cloves
lemon	1
Parmesan cheese	1 block (50 g)
panko breadcrumbs	½ packet
chicken breast	1 large packet
cos lettuce mix	1 bag (120 g)
balsamic vinegar*	1 tbs
water*	⅓ cup
chicken stock	¼ cube
butter*	60 g

^{*}Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2160kJ (517Cal)	593kJ (142Cal))
Protein (g)	44.0g	12.1g
Fat, total (g)	32.9g	9.0g
- saturated (g)	14.4g	4.0g
Carbohydrate (g)	9.7g	2.6g
- sugars (g)	4.5g	1.2g
Sodium (g)	345mg	94mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes