



# CHICKEN STEAKS & GARLIC BUTTER

with Parmesan Crumb & Cherry Tomato Garden Salad



Add Parmesan  
to a crumb



Carrot



Parsley



Cherry Tomatoes



Garlic



Lemon



Parmesan Cheese



Panko Breadcrumbs



Chicken Breast



Cos Lettuce Mix



Chicken Stock



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



Eat me early



Low calorie

K4

Thin, quick cooking chicken breast steaks get a flavour upgrade with a buttery garlic sauce and crisp panko topping. Add a fresh side salad and dinner is ready in a flash!

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Butter



## BEFORE YOU START

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

- **large frying pan**



### 1 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**.



### 2 MAKE THE CRUMB

Heat a large frying pan over a medium-high 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**.



### 3 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.



### 4 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!



### 5 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!



### 6 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!

## 4-5 PEOPLE 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*	½ 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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

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