



Lemon Chicken & Creamy Dill-Caper Sauce

with Prosciutto-Roasted Veggies

Grab your Meal Kit with this symbol



Potato



Red Onion



Baby Broccoli



Green Beans



Prosciutto



Garlic



Lemon



Dill



Capers



Chicken Breast



Italian Herbs



Longlife Cream

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Eat Me Early

This dish features the key to a crowd-pleasing dinner: sauce! Who could turn down a drizzly dill and caper concoction, especially one that's draped across pan-seared chicken, roasted potatoes and greens? No one, we say. At least, not anyone we've met. So get ready for the creamiest, most showstopping sauce celebration you have experienced yet.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
red onion	1 (medium)	1 (large)
baby broccoli	1 bunch	1 bunch
green beans	1 bag (200g)	1 bag (400g)
prosciutto	1 packet	2 packets
garlic	3 cloves	6 cloves
lemon	½	1
dill	1 bag	1 bag
capers	1 packet	2 packets
chicken breast	1 packet	1 packet
Italian herbs	½ sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3442kJ (823Cal)	451kJ (108Cal)
Protein (g)	52.9g	6.9g
Fat, total (g)	49.3g	6.5g
- saturated (g)	25.4g	3.3g
Carbohydrate (g)	38.5g	5g
- sugars (g)	9.6g	1.3g
Sodium (mg)	1739mg	228mg

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.

Fancy a drop?

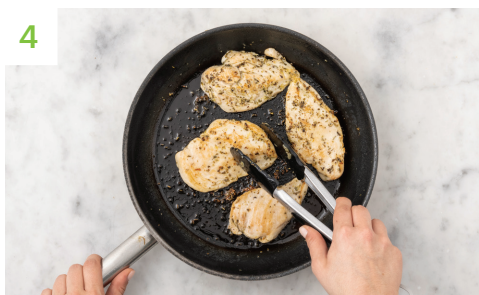
We recommend pairing this meal with Pinot Noir or Chardonnay



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Cut the **red onion** into wedges. Place the **potato** and **onion** on a lined oven tray. Drizzle with **olive oil**, toss to coat and roast for **20 minutes**. While the potato and onion are roasting, trim the **baby broccoli** and **green beans**. Roughly chop the **prosciutto**. After **20 minutes** of roast time, remove the tray from the oven, then add the **baby broccoli**, **green beans**, **prosciutto** and a drizzle of **olive oil**. Gently toss to combine and roast until tender, **5-10 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Cook the chicken

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

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



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** and cut into wedges. Roughly chop the **dill** and **capers**.



Flavour the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **lemon zest**, a squeeze of **lemon juice**, the **Italian herbs** (see ingredients), 2/3 of the **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **chicken** and turn to coat.



Make the creamy sauce

Return the frying pan to a medium-high with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), **capers**, **butter** and 1/2 the **dill**. Stir to combine. Simmer until slightly thickened, **1-2 minutes**.



Serve up

Slice the lemon chicken. Divide the prosciutto-roasted veggies and chicken between plates. Spoon over the creamy dill-caper sauce. Garnish with the remaining dill. Serve with any remaining lemon wedges.

Enjoy!