



THYME & ROSEMARY CRUSTED CHICKEN

with Creamy Potato & Green Bean Salad



Add aromatic herbs
to a chicken crust



Lemon



Potato



Green Beans



Garlic



Spring Onion



Thyme



Rosemary



Chicken Breast



Panko Breadcrumbs



Dijon Mustard



Mayonnaise



Baby Spinach
Leaves

Hands-on: **25** mins
Ready in: **30** mins

Eat me early

This weeknight wonder of herb-crusted chicken tastes just like classic chicken and stuffing, in less than half the time. Served with a potato salad, this will quickly turn into a favourite dinner.

Pantry Staples: Olive Oil, Plain Flour, Egg

BEFORE YOU START

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

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Zest the **lemon** (see ingredients list) to get a **generous pinch**, then slice into wedges. Peel the **potato** and chop into 2cm chunks. Trim and halve the **green beans**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**. Pick the **thyme** and **rosemary** leaves and finely chop. Place your hand flat on top of a **chicken breast** and slice horizontally, without cutting all the way through. Open up the chicken breast like a book. Repeat with the remaining chicken.



4 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed **chicken breast** and fry until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel to soak up any excess oil. **TIP:** Add extra oil if needed so the chicken does not stick to the pan.



2 COOK THE POTATOES & BEANS

Add the **potato** to the boiling water and cook until soft when pierced with a knife, **10-12 minutes**. When the potato has **2 minutes** cook time remaining, add the **green beans** and cook until just tender. Drain the potato and green beans and set aside to cool.



5 DRESS THE POTATOES

In a large bowl, combine the **salt** (for the dressing), **Dijon mustard** (see ingredients list), **mayonnaise**, **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**), a **squeeze** of **lemon juice** and a **pinch** of **pepper**. Add the **potato** and **green beans**, **baby spinach leaves** and **spring onion** and toss to coat.



3 CRUMB THE CHICKEN

While the potato is cooking, combine the **salt** (for the chicken) and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **thyme**, **rosemary**, **garlic**, **lemon zest**, **panko breadcrumbs** and a **good pinch** of **salt** and **pepper**. Dip the **chicken breast** into the flour, followed by the egg, and finally in the panko mixture. Set aside on a plate.



6 SERVE UP

Divide the thyme and rosemary crusted chicken and potato and green bean salad between plates. Serve with any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
green beans	1 bag (100 g)	1 bag (200 g)
garlic	2 cloves	4 cloves
spring onion	1 bunch	1 bunch
thyme	1 bunch	1 bunch
rosemary	1 bunch	1 bunch
chicken breast	1 packet	1 packet
salt* (for the chicken)	1 tsp	2 tsp
plain flour*	2 ½ tbs	½ cup
egg*	1	2
panko breadcrumbs	1 packet	2 packets
salt* (for the dressing)	¼ tsp	½ tsp
Dijon mustard	¼ tub (10 g)	½ tub (20 g)
mayonnaise	1 tub (40 g)	2 tubs (80 g)
baby spinach leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3160kJ (756Cal)	545kJ (130Cal)
Protein (g)	53.7g	9.3g
Fat, total (g)	28.4g	4.9g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	67.3g	11.6g
- sugars (g)	3.6g	0.6g
Sodium (g)	1350mg	232mg

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

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