

THYME & ROSEMARY CRUSTED CHICKEN

This weeknight wonder of herb-crusted chicken tastes just like classic chicken and stuffing, in less than half the time.

with Creamy Potato & Green Bean Salad



Served with a potato salad, this will quickly turn into a favourite dinner.



Add aromatic herbs to a chicken crust











Green Beans





Spring Onion

Thyme





Rosemary

Chicken Breast





Panko Breadcrumbs



Dijon Mustard

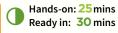




Mayonnaise

Baby Spinach

Pantry Staples: Olive Oil, Plain Flour, Egg





Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: · medium saucepan · large frying pan



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.



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.



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.



COOK THE CHICKEN Heat a large frying pan over a mediumhigh 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.



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.



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

ENJOY!

INGREDIENTS

| | 2P | 4P |
|--------------------------|------------------------|------------------------|
| olive oil* | refer to method | refer to method |
| lemon | 1/2 | 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 | ⅓ cup |
| egg* | 1 | 2 |
| panko breadcrumbs | 1 packet | 2 packets |
| salt* (for the dressing) | 1/4 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

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

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