



Cooking Made Easy



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Chicken Paillard with Rosemary Potatoes & Gremolata

To the uninitiated 'Chicken Paillard' may sound like the preserve of the French aristocracy. In reality, it's just a really simple cooking method saving you time and leaving your chicken nice and tender. We've accompanied it with a classic mix of parsley, lemon zest and garlic, but if you think that sounds too simple, you can always chef things up a bit and call it a 'gremolata';-)



30 min



level 2



healthy



nut-free



gluten-free



lactose-free

Ingrediënt	2P	4P
chicken breast	2	4
new potatoes (cup)	2	4
rosemary (sprig)	1	2
rocket (handful)	1	2
radish	2 - 3	5
spring onion, chopped	1	2
flat leaf parsley (bunch)	1	2
clove garlic	1	2
lemon	1	1

⊕ May feature in another recipe

* Good to have at home

Allergens

Nutrition per serving

Calories: 414 kcal,
Protein: 41 g, Carbs: 31 g,
Fat: 14 g, Saturated Fat: 2g

Measuretool

0 cm 1 cm 2 cm
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1 Bring a large pan of water to the boil and pre-heat your grill to high. Slice your spring onion and your radishes finely and roughly chop the parsley. Peel and finely chop the garlic.



2 Chop your new potatoes in half and cook them in the boiling water with ½ tsp of salt. Cook until you can easily slip a knife through them. This should take around 10 to 15 mins depending on their size.

3 Place your hand flat on top of the breast and cut it in half sideways so that you have two thin slices. Now open the chicken up like a book - you've just 'butterflied' your chicken! See the picture for an example.

4 To make the gremolata, mix 2 tbsps of chopped parsley with ½ a clove of diced garlic. Add the zest of a ¼ of your lemon & 1 tbsp of good olive oil, 1 tsp of lemon juice and a pinch of salt and pepper.



5 Evenly coat each chicken breast in ½ tsp of olive oil and a pinch of salt and pepper. Squeeze on some lemon juice and put them on the highest shelf under the grill. Grill each side for 5 mins or until the middle is no longer pink.

6 Drain your new potatoes and then run them quickly under some cold water. Using the back of a wooden spoon or something similar to break-up the potatoes slightly.

7 Heat 2 tps of olive oil in your pan on high heat and add in your potatoes. Throw in the leaves of the rosemary and a pinch of salt and pepper. Cook them for a few mins until they have gone nice and crispy around the edges.



8 Finally, mix your rocket, radishes and spring onions with 1 tsp of olive oil. Add a pinch of salt and pepper. Serve your potatoes on the side with your chicken paillard and a spoonful of gremolata. Bon appétit!