






Cooking Made Easy

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Kylie's Italian 'Doona' Chicken with Fluffy Mash

One of our aspiring chefs (AKA a HelloFresh customer) got in touch the other day to tell us about a delicious dish she's eaten in a very elegant restaurant in Rome. She was so excited about the dish that we couldn't resist developing it in the Hello Fresh Kitchen. We assumed that it would have a suitably Roman name but Kylie, being Australian, had other ideas. We're reliably informed that "doona" means duvet in the Queen's English, which makes this one of our cosiest recipes yet!

 30 min

 family box

 gluten free



Potatoes



Courgette



Green Beans



Chicken Breast



Pecorino Cheese



Chilli Flakes



Lemon

Ingredients

	2P	4P
Potatoes, chopped	-	5
Courgette, grated	-	3
Green Beans	-	1 cup
Chicken Breast	-	4
Pecorino Cheese, grated 1	-	½ cup
Chilli Flakes	-	½ tsp
Lemon	-	1

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk

Nutrition per serving: Calories: 763 kcal | Protein: 45 g | Carbs: 87 g | Fat: 26 g | Saturated Fat: 7 g



2 Preheat your oven to 190 degrees. Put two pots of water on to boil with ¼ of a tsp of salt. Peel and chop the potatoes into golf ball sized chunks. Chop the very top and bottom from the beans (i.e. ‘top and tail them’).



2 Grate courgettes and squeeze out excess liquid with your hands. **Tip:** *Moist courgettes will result in a crust that is soggy instead of crisp and golden.* Spread out the grated and drained courgettes between sheets of paper towel to be assured of a delicious crunchy topping.



3 Put your potatoes into one of the pots of boiling water. Cook them for around 10-15 mins or until you can easily slip a knife through them. After 5 mins of cooking your potatoes, boil your green beans in the other pan for around 8 mins or until cooked.



4 Sandwich your chicken between two pieces of cling film and lay on your chopping board. Pound each chicken breast quite firmly with a mallet, rolling pin or something else heavy. **Tip:** *By flattening the chicken to just over a cm thick you will cut down on the cooking time.*

5 **LH:** *In a small bowl mix the grated courgettes with the finely grated Pecorino. Mix in the chilli flakes (to taste). Season with a pinch of salt and pepper. **Tip:** *The chilli flakes are spicy, so add less if the little ‘uns don’t like it!**

6 Coat each chicken breast in ½ tsp of oil and place on a baking tray. Spoon on the courgette mixture thickly, making sure it’s compact and covers all the chicken. Place in the hot oven for 15 mins or until slightly crispy on top. **Tip:** *After 15 mins put the chicken under a very hot grill until the top is nicely crisped all over.*

7 Once the potatoes are cooked, drain them. Put the potatoes back on the hob for a minute to dry them out and add a knob of butter (if you have some). Mash the butter into the potatoes (you can also add a dash of milk if you have some). When the potatoes are smooth season well with salt and pepper.

8 Lay your courgette-covered chicken on a bed of potato mash with your green beans on the side. Finish with a lemon wedge on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!