



Cooking Made Easy

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Chicken Milanese with Toasted Almonds and Broccoli

We were planning to write about tonight's recipe but it's so deliciously simple we think it speaks for itself. Instead we're taking the chance to say hello to our new all-singing, all-dancing HelloFresh storyteller Trisha, who'll be revamping our blog. Rumour has it that as a kid she was nicknamed Jaffa Cake. To find out why you'll need to ask her yourself...welcome Trisha!



30 min



family box



Sweet Potato



Almonds



Broccoli



Chicken Breast



Crème Fraîche





Lemon



Panko Breadcrumbs

Ingredients	2P	4P
Sweet Potato, chopped	-	2
Almonds, chopped 1	-	4 tbsps
Broccoli Florets	-	4 cups
Chicken Breast	-	4
Crème Fraîche 2	-	5 tbsps
Lemon	-	½
Panko Breadcrumbs 3	-	1 cup

-  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)** Nut | **2)** Milk
- 3)** Gluten

Nutrition per serving: Calories: 528 kcal | Protein: 37 g | Carbs: 41 g | Fat: 23 g | Saturated Fat: 13 g



1 Pre-heat your oven to 200 degrees. Chop the sweet potato lengthways into wedges about 1cm thick. Toss the wedges in 1 tbsps of oil, lay them out in one layer spaced apart on a baking tray and cook on the top shelf of the oven for 15-20 mins (until soft inside and brown on the outside).



2 Roughly chop the almonds. Separate your broccoli into florets. Sandwich your chicken breasts between two pieces of cling film (if you have some). Bash the chicken with a rolling pin until it is ½cm thick all over. **Tip:** *If you don't have a rolling pin you can improvise with a heavy saucepan/cricket bat etc.*



3 Pour the crème fraîche into one bowl and mix in ¼ tsp of salt and some pepper. Add in ¼ tsp of lemon zest. Pour the breadcrumbs into another bowl. **LH:** *Thoroughly coat the flattened chicken breast in crème fraîche.*



4 Place each chicken breast into the bowl of breadcrumbs and coat well. **Tip:** *Push the breadcrumbs onto the chicken with a little pressure.*

5 Boil a pot of water with ½ tsp of salt for your broccoli. Heat a frying pan on medium-high heat and cook your almonds until they are slightly browned off, before removing and keeping to the side. **Tip:** *Watch your nuts as they can burn easily!*

6 Heat 1 tbsps of olive oil on medium-high heat in the (now empty) frying pan. Carefully place your chicken breasts in the pan, you will need to cook these in batches. Cook the chicken breasts for around 4 mins on each side. Once cooked, the breadcrumbs should be golden. **Tip:** *Once you place the chicken in the pan, resist the temptation to move it around.*

7 Cook the broccoli in the boiling water for 3 mins. **Tip:** *We like to cook our broccoli for a short amount of time so it has some crunch left in it.* Once cooked, drain and toss in a tsp of best quality olive oil.

8 Serve your chicken Milanese with the broccoli, wedges on the side and sprinkle over the toasted almonds. Buonissimo!