



Cooking Made Easy

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Pan-Fried Chicken with Goat's Cheese and Pear Salad

We've actually fallen head over heels in love with this recipe. It's quick, colourful, impressive and oh so delicious! Pear, crunchy walnut and goat's cheese is a classic combination of flavours but the key to this recipe lies in the presentation. You could put all the salad ingredients in a bowl and toss them together, but if you take the time to layer them onto your plate it'll look as beautiful as it tastes. Enjoy!

 25 min

 gluten free



New Potatoes



Chicken Breasts



Walnuts



Baby Spinach




Goat's Cheese




Pear

Ingredients

	2P	4P
New Potatoes, halved	1 packs	2 packs
Chicken Breasts	2	4
Walnuts 1	1 tbsp	2 tbsp
Baby Spinach	2 handfuls	4 handfuls
Goat's Cheese 2	½ roll	1 roll
Pear, sliced	½	1

 May feature in another recipe

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

Allergens

1) Nut | 2) Milk

Nutrition per serving: Calories: 584 kcal | Protein: 42 g | Carbs: 41 g | Fat: 20 g | Saturated Fat: 8 g



1 On medium-high heat, boil a medium-sized pot of water big enough for your new potatoes, with ¼ tsp of salt. Chop the new potatoes in half lengthways (it looks a lot nicer than widthways!).



2 Boil the new potatoes for around 12 mins. To test them for 'done-ness' stick a knife in them. If it goes through easily and the potato drops off the knife then they are ready. Drain them and then run under cold water for 30 seconds to cool them down.



3 Place the chicken breasts between two sheets of clingfilm and whack them with a rolling pin/ the base of a saucepan/a cricket bat until they are just under 1cm thick.



4 Heat 1 tbsp of olive oil in a non-stick pan on medium-high heat. Once the oil is really hot sprinkle a bit of salt and pepper evenly over each chicken breast and lay them gently in the pan. Cook for around 5 mins on each side, turning them only once. **Tip:** You'll know the chicken is cooked when it is no longer pink in the middle.

5 Once the chicken is done remove it from the pan and rest on the side. Lightly crush the walnuts and add them into the (now empty) pan. Cook the until they have slightly browned off (2 mins max). **Tip:** Nuts burn easily. Watch yours.

6 Put the potatoes in a bowl with the baby spinach and drizzle over about 1 tsp of olive oil, a pinch of salt and a few grinds of black pepper. Very, very gently toss with your fingertips (any harder will damage the leaves).

7 Lay the potatoes and spinach on a plate then crumble over the goat's cheese. Cut the pear in half lengthways, then cut each half lengthways again. Run your knife along the pear to remove the core and then slice into micro-thin slivers and place on top of the salad.

8 Slice the chicken widthways into strips and lay it over the salad, top with the toasted walnuts and get involved!