






More Than Food

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

Chorizo Crusted Chicken with New Potatoes and Green Beans

This delicious dinner takes texture to a whole new level. Not only are you getting a double hit of protein but the crunch of the topping adds a whole extra dimension to the dish. The trick is to chop the chorizo nice and fine at the start. We recommend placing your fingers on the top of your knife towards the tip and using this as a pivot while you chop up and down. Let us know how it goes!



35 mins



healthy



lactose free



Chorizo (1 pack)



Panko Breadcrumbs
(3 tbsp)



New Potatoes
(1 pack)




Green Beans (1 pack)



Chicken Breast (2)

Ingredients

	2 PEOPLE	ALLERGENS
Chorizo, chopped	1 pack	Sulphites
Panko Breadcrumbs	3 tbsp	Gluten
New Potatoes, quartered	1 pack	
Green Beans, chopped	1 pack	
Chicken Breast	2	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Did you know...

Green beans used to be called 'string beans' due to the fibrous string running down their length?

Nutrition per serving: Calories: 454 kcal | Protein: 40 g | Carbs: 41 g | Fat: 12 g | Saturated Fat: 4 g



1 Chop the chorizo up as small as you can and mash it with the flat edge of your knife. Heat 1 tbsp of olive oil in a frying pan over medium-low heat and cook the chorizo for 2-3 mins. **Tip:** *Try not to brown the chorizo (as you want to do this later when it's on the chicken).* Add the breadcrumbs, mix everything up then allow it to cool.



2 Pre-heat your oven to 200 degrees and boil a large pot of water for the potatoes. Thoroughly wash the new potatoes but leave the nutritious skin on. Cut the potatoes into quarters. Cut the top and bottom off the green beans and chop into approximately 2cm lengths.



3 Place your hand flat on each chicken breast and slice in half from the side. **Tip:** *You want to be able to open up the chicken breast like a book (this is called "butterflying").* Lay the chicken between two sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is 1cm thick.



4 Lightly grease a baking tray with ½ tbsp of olive oil and lay

out your chicken fillets. Pile the chorizo crust onto each chicken breast and push down to form a compact layer. Cook on the top shelf of the oven for 15 mins, or until cooked through. Finally, turn on your grill to its highest setting, place the chicken close to the grill and cook for 2-3 minutes until the chorizo crust is golden and crispy.

5 Add ¼ tsp of salt to your boiling water then add the potatoes. Boil the potatoes for 10-15 mins until cooked through. Add the green beans for the last 3-4 mins of cooking. Drain and keep to one side.

6 Mix the beans and cooked potatoes with 1 tsp of olive oil, test the seasoning and add more salt if required and a good grind of black pepper. **Tip:** *For extra flavour, pour over any oil from the chicken tray that escapes from the chorizo crust.*

7 Dish out the potatoes and beans and top with the chorizo crusted chicken fillets.

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