



Herb Garden Breaded Chicken with Cheesy Mash and Garlicky Beans

Family 40-45 Minutes • 1 of your 5 a day

1



Flat Leaf Parsley



Breadcrumbs



Mixed Herbs



Grated Hard Italian Style Cheese



Chicken Breasts



Mayonnaise



Potatoes



Green Beans



Garlic Clove



Balsamic Vinegar



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, baking tray, saucepan, garlic press, frying pan, lid, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Breadcrumbs 13)	10g	25g	25g
Mixed Herbs	1 sachet	1½sachets	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Chicken Breasts**	2	3	4
Mayonnaise 8) 9)	32g	32g	64g
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	1	1	2
Balsamic Vinegar 14)	6ml	9ml	12ml
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	520g	100g	565g	100g
Energy (kJ/kcal)	2519 /602	484 /116	3006 /719	532 /127
Fat (g)	21.6	4.2	30.7	5.4
Sat. Fat (g)	6.2	1.2	9.0	1.6
Carbohydrate (g)	53.9	10.4	54.8	9.7
Sugars (g)	5.6	1.1	5.6	1.0
Protein (g)	51.9	10	59.6	10.6
Salt (g)	1.20	0.23	2.43	0.43

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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Oh Crumbs

Preheat your oven to 220°C/200°C fan/gas mark 7.

Roughly chop the **parsley** (stalks and all). Pop **half** into a small bowl with the **breadcrumbs**, **mixed herbs**, **half** the **hard Italian style cheese** and the **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper** and mix well.

Pop the **chicken breasts** on a baking tray and season them. Spoon the **mayo** over the top of each **breast**.

Sprinkle over the **herby crumb** and press it down with the back of the spoon. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Bring on the Beans

Once the **oil** is hot, add the **green beans** to the pan and stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min more. Add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins, then stir through the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Remove the pan from the heat.



Roast the Chicken

When the oven is hot, roast the **chicken** on the top shelf until cooked through and golden on top, 25-30 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Meanwhile, put a large saucepan of **water** on to boil with **½ tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).



Mash Time

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir through the remaining **hard Italian style cheese**.



Cook the Potatoes

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

While the **potatoes** cook, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on medium-high heat with a drizzle of **oil**.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan before the **green beans**. Stir-fry until golden, 4-5 mins, then set aside. Continue cooking the **green beans** as instructed and scatter the **cooked bacon** over the **beans** in the final step. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**



Serve

When everything's ready, slice the **herb garden breaded chicken** widthways and share between your plates with the **mash** and **garlicky beans** alongside, drizzling over any **balsamic dressing** from the pan.

Finish with a sprinkling of the remaining **parsley**.

Enjoy!