



# ALMOND CHICKEN ESCALOPE

with Sweet Potato Mash and Broccoli



## HELLO ALMONDS

There are two main types of almonds. One variety is sweet almonds, which are edible and the other is bitter almonds, which are used for almond oil.



Flat Leaf Parsley



Chicken Breast



Flaked Almonds



Wholegrain Mustard



Mayonnaise



Broccoli Florets



Sweet Potato

MEAL BAG  
#4

30 mins

2 of your 5 a day

A crunchy, golden outer coating of almonds, parsley and mustard makes these chicken escalopes the perfect midweek meal to look forward to. Keeping things simple, we've served the chicken alongside sweet potato mash and roasted broccoli for extra veggie goodness.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Baking Paper**, two **Baking Trays** and a **Potato Masher**. Now, let's get cooking!



### 1 PREP TIME

Preheat your oven to 200°C. Put a large saucepan of water with a pinch of salt on to boil. Finely chop the **parsley** (stalks and all). Lay one **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other **breasts**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 2 MAKE THE CRUST

In a small bowl, mix the **parsley**, **almonds**, **half the mustard** and a pinch of **salt** and **pepper**. Lay the **butterflied chicken** out flat on a large baking tray, season with **salt** and **pepper** then spread the **mayo** over each **breast**. Cover with the **almond mix**. Press down to make sure it sticks to the **chicken**. Bake on the top shelf of your oven until cooked through, 20 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 3 ROAST THE BROCCOLI

Place the **broccoli florets** on a lined baking tray. Drizzle with a little **oil** and a pinch of **salt** and **pepper** and place on the middle shelf of your oven. Cook for 15-18 mins. Meanwhile, peel and chop the **sweet potato** into 2cm chunks. Add the **potato** to the pan of boiling **water** and cook until tender, 15 mins. **★ TIP:** The potato is cooked when you can easily slip a knife through. When cooked, drain in a colander and return to the pan, off the heat.



### 4 MASH TIME

Mash the cooked **sweet potato** with the remaining **mustard** and a good pinch of **salt** and **pepper**. Taste to check for seasoning, then divide between the plates.



### 5 PLATE UP

Remove the **chicken** and **broccoli** from the oven, and place the **chicken** on top of the **mash**, with a portion of **roasted broccoli** alongside.



### 6 GET EATING

Tuck in and **enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Chicken Breast	2	3	4
Flaked Almonds 2)	1 bag	2 bags	2 bags
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Broccoli Florets	1 small pack	1 medium pack	1 large pack
Sweet Potato	1 large	2 large	2 large

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 599G	PER 100G
Energy (kcal)	669	112
(kJ)	2797	467
Fat (g)	24	4
Sat. Fat (g)	3	1
Carbohydrate (g)	67	11
Sugars (g)	20	3
Protein (g)	49	8
Salt (g)	0.84	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 8) Egg 9) Mustard

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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## BEFORE YOU EAT

Wow, look what you have made! Give yourself a moment to feel proud. Share the feeling with a friend or post a photo. Now enjoy your delicious creation.