



BUTTERFLIED CHICKEN

with Green Bean & Wholegrain Mustard Potato Salad



HELLO CELERY

Celery farming is so important to the people of Kalamazoo County in Michigan, they have a museum devoted to it!



New Potatoes



Spring Onion



Celery



Flat Leaf Parsley



Green Beans



Chicken Breast



Cider & Horseradish Wholegrain Mustard



Red Wine Vinegar



Olive Oil



Sour Cream

30 mins

1.5 of your 5 a day

Little Heat

Potato salad is a summer staple but this one is a bit special. We've added some green beans for colour and given it a kick with grain mustard. Apparently in 1336 the Duke of Burgundy gave a banquet for the King of France and provided 70 gallons of mustard sauce. We know that a little goes a long way so haven't sent you quite that much, but hope you enjoy the excitement it brings to tonight's dinner!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Clingfilm**, a **Rolling Pin**, **Frying Pan**, **Slotted Spoon**, **Colander** and two **Large Bowls**. Now, let's get cooking!



1 PREP THE VEGGIES

Put a large saucepan of water with a pinch of **salt** on to boil. Chop the **new potatoes** into 2cm cubes (no need to peel). Add the **potatoes** to your pan of boiling water and cook until tender, about 10 mins. Be careful not to overcook them! Halve the **spring onions** lengthways, then thinly slice. Finely chop the **celery**. Finely chop the **parsley** (stalks and all). Trim the tops from the **green beans** and then cut them in half.



2 BUTTERFLY THE CHICKEN

Lay a **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side so you can open it up like a book. This is called 'butterflying'! Repeat with the remaining **chicken** then don't forget to wash your hands, knife and chopping board! Lay the **chicken** between two sheets of clingfilm. Whack the **chicken** with a rolling pin or the base of a pan until it is 1cm thick.



3 FRY THE CHICKEN

Put a splash of **olive oil** in a frying pan on medium-high heat. Season the **chicken** on both sides with **salt** and some **black pepper**. Once the oil is hot, fry the **chicken** for 4 mins on each side then remove from the pan.

★ **TIP:** *The chicken is cooked when it is no longer pink in the middle.*



4 COOK THE BEANS

Once your **potatoes** are cooked, remove them from the pan with a slotted spoon and put them in a large bowl. Keep the pan of water boiling and use it to cook the **green beans** until tender with a little bit of bite left, 3-4 mins. When they are cooked, drain the **beans** in a colander and put them in a bowl of cold water to stop them going soft.



5 MAKE THE DRESSING

In a small bowl, mix the **mustard** with the **vinegar** and **olive oil** (amount specified in the ingredient list). Season with **salt** and **black pepper** and stir in the **spring onion**.
★ **TIP:** *If you happen to have a lemon in the fruit bowl then a little grating of zest would be good here too.*



6 FINISH AND SERVE

Pour the dressing over the **potatoes** and add the **celery** and **parsley**. Drain the **green beans** again and add them too. Lastly stir through the **sour cream** and toss gently to combine evenly. Serve on plates then slice the **chicken** and lay it over the top. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, cubed	1 pack
Spring Onion, sliced	3
Celery, chopped ⁹⁾	½ stick
Flat Leaf Parsley, chopped	½ bunch
Green Beans, halved	1 pack
Chicken Breast, butterflied	2
Cider & Horseradish Wholegrain Mustard ^{10) 12)}	1 tsp
Red Wine Vinegar ¹²⁾	1½ tsp
Olive Oil*	2 tbsps
Sour Cream ⁷⁾	½ pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	536	106
(kJ)	2249	444
Fat (g)	26	5
Sat. Fat (g)	7	1
Carbohydrate (g)	34	7
Sugars (g)	7	1
Protein (g)	45	9
Salt (g)	0.47	0.09

ALLERGENS

⁷⁾Milk ⁹⁾Celery ¹⁰⁾Mustard ¹²⁾Sulphites

Cider & Horseradish Wholegrain Mustard: Cider Vinegar (21%), Water, Yellow Mustard Seed (16%), Black Mustard Seed (14%), English Cider (11%) (**Sulphites**), Sugar, Horseradish Powder (6%), Sea Salt.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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