



CHICKEN MILANESE

with Roasted New Potatoes and Chives



HELLO LEMON

You can use lemon juice to stop apples and other fruits turning brown after you cut them.



New Potatoes



Chicken Breast



Sour Cream



Garlic Salt



Lemon



Panko Breadcrumbs



Olive Oil



Chives



Steve's Leaves Pea Shoots

30 mins

Family Box

Milan's signature dish of golden breaded chicken dates back at least as far as the 12th century! In Italy it's often served alongside spaghetti in tomato sauce but today we're having it with roasted new potatoes and a peashoot salad. Finely snipped chives add an allium note that finishes everything off nicely. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Baking Tray**, some **Clingfilm**, two **Mixing Bowls**, a **Fine Grater**, a **Frying Pan** and some **Scissors**. Now, let's get cooking!



1 ROAST THE POTATOES

Cut the **new potatoes** in half lengthways and place on a baking tray. Drizzle over some **olive oil** and season with **salt** and **black pepper**. Pop on the top shelf of your oven. Roast until soft, 25 mins.



2 BASH THE CHICKEN

Sandwich each **chicken breast** between two pieces of clingfilm. Bash the **chicken** with the bottom of a saucepan until it is $\frac{1}{2}$ cm thick all over.



3 COAT THE CHICKEN

Put most of the **sour cream** (save 1 tbsp) into a mixing bowl and add the **garlic salt** and some **black pepper**. Grate in the **lemon zest** and mix well. Put the **breadcrumbs** in another mixing bowl. Thoroughly coat each flattened **chicken breast** with the **sour cream mix**. Then transfer to the second bowl and coat in **breadcrumbs**. **★ TIP:** Pat the breadcrumbs onto the chicken to make sure they stick.



4 COOK THE CHICKEN

Put a splash of **olive oil** in a frying pan on medium-high heat. Carefully place the **chicken** into the pan. Cook until the **breadcrumbs** are golden, around 4 mins on each side. Resist the temptation to move it around or it won't crisp up properly. **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



5 MAKE THE DRESSING

Make a dressing with the remaining **sour cream**, some **lemon juice** (depending on how citrusy you like it) and the **olive oil** (amount specified in the ingredients list). Snip a sprinkling of **chives** into the dressing as well. Mix really thoroughly with a pinch of **salt** and a few grinds of **black pepper**.



6 FINISH AND SERVE

Gently toss the **salad leaves** in some of your dressing (use as much as you fancy but don't drown the **salad!**). Snip the rest of the **chives** over your **potatoes** and serve everything straight away. **Delish!**

4 PEOPLE INGREDIENTS

New Potatoes, halved	2 packs
Chicken Breast	4
Sour Cream ⁷⁾	1 pot
Garlic Salt	1 tsp
Lemon	1
Panko Breadcrumbs ¹⁾	100g
Olive Oil*	1 tbsp
Chives	1 bunch
Steve's Leaves Pea Shoots	2 bags

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	514	112
(kJ)	2167	473
Fat (g)	15	3
Sat. Fat (g)	6	1
Carbohydrate (g)	50	11
Sugars (g)	5	1
Protein (g)	46	10
Salt (g)	1.50	0.30

ALLERGENS

¹⁾Gluten ⁷⁾Milk

👍 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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