



Chicken Piccata

with Buttery Garlic Sauce and Roasted Veggies

N° 9

FAMILY Hands on Time: 15 Minutes • Total Time: 45 Minutes • 2 of your 5 a day



Carrot



Potato



Dried Thyme



Broccoli Florets



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Chicken Breast



Flour



White Wine Vinegar



Chicken Stock Powder



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, a Fine Grater (or Garlic Press), some Clingfilm, a Mixing Bowl, Frying Pan, some Foil, a Measuring Jug and a Whisk.

Ingredients

	2P	3P	4P
Carrot**	2	2	3
Potato**	1 small pack	1 large pack	2 small packs
Dried Thyme	½ pot	¾ pot	1 pot
Broccoli Florets**	200g	300g	400g
Echalion Shallot**	1	1	1
Garlic Clove**	1	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Breast**	2	3	4
Flour 13)	24g	36g	48g
White Wine Vinegar 14)	1 sachet	1½ sachets	2 sachet
Water*	100ml	150ml	200ml
Chicken Stock Powder	¼ sachet	½ sachet	½ sachet
Unsalted Butter** 7)	30g	30g	30g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	667g	100g
Energy (kJ/kcal)	2504 /599	375 /90
Fat (g)	18	3
Sat. Fat (g)	10	1
Carbohydrate (g)	59	9
Sugars (g)	11	2
Protein (g)	50	7
Salt (g)	0.46	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

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.

Contact

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1. Roast the Roots

Preheat your oven to 200°C. Trim the **carrot** and quarter lengthways (no need to peel!). Chop into 3cm long batons. Chop the **potato** into 2cm pieces (no need to peel!) Put both on a large baking tray and drizzle over a little **oil**. Sprinkle on the **dried thyme** and a good pinch of **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through cooking.



4. Cook the Chicken

Heat a glug of **oil** in a frying pan on medium-high heat. Once hot, lay in the **chicken**. Cook until golden brown and cooked through, 5-6 mins on each side. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Transfer to a chopping board and leave to rest, covered with foil. In the final 10 mins of the carrot and potato cooking time, put the **broccoli** on the middle shelf of your oven and roast until crispy.



2. Prep the Veggies

Put the **broccoli florets** on another baking tray and drizzle with **oil**. Season with **salt** and **pepper** then set aside. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Finely chop the **parsley** (stalks and all).



5. Make the Sauce

Don't wash your frying pan, simply return it to medium heat. Add a little more **oil** and cook the **shallot** until softened, 4 mins. Add the **garlic** and **parsley**. Cook for 1 minute more. Pour in the **white wine vinegar** and allow it to evaporate. Add the **water** (see ingredients for amount) and **stock powder**. Bring to the boil and stir to dissolve the **stock powder**. Lower the heat and stir in the **butter** until melted and combined.



3. Prep the Chicken

Put each **chicken breast** between two sheets of clingfilm and bash with a rolling pin or a frying pan until 2cm thick all over. Put the **flour** in a bowl with a good pinch of **salt** and **pepper** and mix together. Place a **chicken breast** in the bowl, then toss to ensure the **chicken** gets an even coating of **flour**. Repeat for the other **breast(s)**. **IMPORTANT: Remember to wash your hands after handling raw meat!**



6. Finish and Serve

Remove the **sauce** from the heat. Slice the **chicken** and serve on plates, with the **roasted veggies** on the side and a good drizzle of **garlic sauce**.

Enjoy!