



Chicken Piccata

with Buttery Garlic Sauce and Roasted Veggies



HELLO CARROT

Carrots were among plants grown in the Hanging Gardens of Babylon in the 8th century BC!



Carrot



Potato



Dried Thyme



Broccoli Florets



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Chicken Breast



Flour



White Wine Vinegar



Chicken Stock Powder



Netherend Butter

MEAL BAG

Hands on: **15 mins**
Total: **45 mins**

4 of your
5 a day

4 Family Box

For today's dish, you'll be making a lovely buttery emulsion for roast veggies! It's the technique behind many great sauces like hollandaise, mayonnaise and aioli so sounds fancy but is actually really easy. Chemically speaking, water and fat don't mix, so we beat the butter into tiny particles so it remains suspended in the liquid.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Fine Grater** (or **Garlic Press**), some **Clingfilm**, a **Mixing Bowl**, **Frying Pan**, some **Foil** and **Measuring Jug**. Now, let's get cooking!



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 lined 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 good glug of **oil** in a frying pan on medium-high heat. Once hot, lay in the **chicken**. Cook for 5-6 mins on each side, until golden brown and cooked through. **! IMPORTANT:** *The chicken is cooked when it is 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 combined.



3 NOW THE CHICKEN

Pop 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 mixing bowl with a pinch of **salt** and **pepper**. Mix together. Lay each **chicken breast** individually in the bowl and coat in the **flour**, making sure each one gets a good coating on both sides. **! IMPORTANT:** *Remember to wash your hands and equipment 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 **buttery garlic sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	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	1 small pack	1 medium pack	1 large pack
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	35g	50g
White Wine Vinegar ¹⁴⁾	1 sachet	1½ sachet	2 sachets
Water*	100ml	150ml	200ml
Chicken Stock Powder	¼ pot	½ pot	½ pot
Netherend Butter ⁷⁾	30g	30g	30g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 669G	PER 100G
Energy (kcal)	621	93
(kJ)	2598	388
Fat (g)	18	3
Sat. Fat (g)	10	1
Carbohydrate (g)	66	10
Sugars (g)	13	2
Protein (g)	50	7
Salt (g)	0.47	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.

👍 THUMBS UP OR THUMBS DOWN?

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