



# Crispy Panko Breaded Chicken and Mash

with Green Beans and Sweet Chilli Sauce

Family 30-35 Minutes

7



Potatoes



Green Beans



Chicken Fillet



Panko Breadcrumbs



Garlic Salt



Garlic Clove



Sweet Chilli Sauce

**Pantry Items**

Oil, Salt, Pepper, Egg

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, peeler, baking paper, bowl, frying pan, baking tray, garlic press and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Chicken Fillet**	2	3	4
Panko Breadcrumbs 13)	50g	75g	100g
Garlic Salt	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	1	2
Sweet Chilli Sauce	64g	96g	144g
Pantry	2P	3P	4P
Egg*	1	1	2

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	550g 2363/565	100g 430/103
Fat (g)	6.8	1.2
Sat. Fat (g)	1.8	0.3
Carbohydrate (g)	75.9	13.8
Sugars (g)	17.1	3.1
Protein (g)	51.5	9.4
Salt (g)	1.11	0.20

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **green beans**.

Sandwich each **chicken fillet** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Ready, Steady, Bake

Pop the **chicken** onto a baking tray, then bake on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Discard the **oil** from the **chicken** pan.

Peel and grate the **garlic** (or use a garlic press).

Meanwhile, heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.



## Crumb the Chicken

Crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Combine the **panko breadcrumbs** and **garlic salt** in another bowl and season with **salt** and **pepper**. Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated.

Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



## Make your Mash

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Season to taste with **salt** and **pepper**. Cover with a lid to keep warm.



## Fry Time

Add the **potatoes** to the pan of **boiling water** and cook until you can easily slip a knife through, 15-20 mins.

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, and fry until golden-brown, 2-3 mins on each side. Adjust the heat if necessary.



## Serve

When everything is ready, serve the **breaded chicken** with the **mash** and **green beans** alongside.

Spoon over as much **sweet chilli sauce** as you'd like.

## Enjoy!