



CRISPY-SKINNED CHICKEN BREAST

with Roasted Veggie Salad and Lemon Caper Salsa Verde



HELLO CAPERS

Capers are the pickled flower bud of a thorny Mediterranean bush.



Radishes



Baby Corn



Potato



Skin-On Chicken Breast



Flat Leaf Parsley



Lemon



Capers

Chicken teams brilliantly with strong flavours, as does the versatile white potato, so served with punchier flavours like radishes and a zesty lemon and caper dressing, this is a match made in foodie heaven. A great mid-week meal thanks to the minimal prep - just pan fry the chicken and then add the meat onto the baking tray with the veggies, chuck it all in the oven and whip up the dressing in the meantime. Easy peasy lemon squeezy.

30 mins

2 of your 5 a day

MEAL BAG

6

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Baking Trays**, a **Large Frying Pan** and **Fine Grater**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Trim, then halve the **radishes**. Cut the **baby corn** in half lengthways. Pop both onto a large baking tray, drizzle with **oil**, season with **salt** and **pepper** and set to one side. Chop the **potato** into 2cm chunks (no need to peel!) and pop onto another large baking tray. Place the **potatoes** on the top shelf of the oven to roast until golden and crispy, 25-30 mins.



2 FRY THE CHICKEN

Heat a drizzle of **oil** in large frying pan on medium-high heat. Season the **chicken** with a pinch of **salt** and **pepper**. Once hot, lay the **chicken** in the frying pan, skin-side down, and cook until the skin is crispy, 4-5 mins. Turn and cook the flesh side until lightly coloured, 2-3 mins more. **! IMPORTANT: Remember to wash your hands and equipment after handling raw meat!**



3 ROAST

When you have fried the **chicken**, put it on the baking tray, skin-side up, with the **baby corn** and **radishes**. Roast on the middle shelf of your oven until the **chicken** is cooked through and the **veggies** are tender and lightly charred, about 20 mins. **! IMPORTANT: The chicken is cooked when it is no longer pink in the middle!**



4 MAKE THE DRESSING

In the meantime, roughly chop the **parsley** (stalks and all). Zest the **lemon** and cut into wedges. Pop the **capers** into a small bowl along with the **lemon zest**, **half the parsley** and **half the lemon juice**. Add the **olive oil** (see ingredients for amount) along with a pinch of **sugar** (if you have some), stir well and season with a good pinch of **salt** and **pepper**. Set to one side.



5 TOSS THE VEGGIES

Once your **chicken** is cooked and the **veggies** nicely coloured, pop the **chicken breasts** onto a chopping board to rest for 1-2 mins. In a large bowl, mix the **roasted potatoes** in with the rest of the **veggies** and stir through the remaining **parsley**. Thinly slice the **chicken** widthways.



6 SERVE

To serve, divide the **roasted veggies** between your plates with the **chicken slices** on top. Spoon the **lemon caper dressing** all over. Pop the remaining **lemon wedges** on the side for squeezing over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Radishes *	1 pack	1 pack	2 packs
Baby Corn *	1 pack	2 packs	2 packs
Potato *	1 small pack	1 large pack	2 small packs
Skin-On Chicken Breast *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	1	1	2
Capers	1 small pot	¾ large pot	1 large pot
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 558G	PER 100G
Energy (kJ/kcal)	2266 / 542	406 / 97
Fat (g)	22	4
Sat. Fat (g)	5	1
Carbohydrate (g)	49	9
Sugars (g)	6	1
Protein (g)	39	7
Salt (g)	0.38	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH