



Herby Chicken

with Red Onion Mash and Garlicky Beans

CLASSIC 50 Minutes • 1 of your 5 a day



Potato



Red Onion



Green Beans



Garlic Clove



Flat Leaf Parsley



Panko Breadcrumbs



Provencale Herbs



Chicken Breast



Mayonnaise



Balsamic Vinegar



Bacon Lardons



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Baking Tray, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	1 clove	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13	10g	25g	25g
Provencale Herbs	½ pot	¾ pot	1
Olive Oil for the Breadcrumbs*	1 tbsp	2 tbsp	2 tbsp
Chicken Breast**	2	3	4
Mayonnaise 8 9	1 sachet	1 sachet	2 sachets
Water *	75ml	100ml	150ml
Balsamic Vinegar 14	1 sachet	1 sachet	1 sachet
Olive Oil for the Bean Dressing*	1 tbsp	1½ tbsp	2 tbsp
Bacon Lardons**	1 small pack	1 large pack	1 large pack

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	2431/581	429/103
Fat (g)	21	4
Sat. Fat (g)	3	1
Carbohydrate (g)	52	9
Sugars (g)	7	1
Protein (g)	46	8
Salt (g)	0.33	0.06

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	612g	100g
Energy (kJ/kcal)	698/2918	114/477
Fat (g)	30	5
Sat. Fat (g)	6	1
Carbohydrate (g)	53	9
Sugars (g)	7	1
Protein (g)	54	9
Salt (g)	1.56	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg **9**) Mustard **13**) Gluten **14**) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

HelloFresh UK Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Do the prep!

Preheat your oven to 200°C and put a large saucepan of **water** on to boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel!). Halve, peel and thinly slice the **red onion**. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Pop the **potato** into the boiling water and simmer for 15-20 mins. **TIP:** *The potato is cooked when you can easily slip a knife through.*



4. Make the Mash

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 with **salt** and **pepper** and stir in the **cooked onion**. Cover with a lid to keep warm.



2. Prep the Chicken

Meanwhile, roughly chop the **parsley** (stalks and all). Put **half** the **parsley** in a small bowl and mix in the **panko breadcrumbs**, **Provencale herbs**, **olive oil** (see ingredients for amount) and season with **salt**. Pop the **chicken breasts** on a baking tray and season with **salt** and **black pepper**. Using the back of a spoon, spread the **mayo** over the top half of each **breast** and then sprinkle over the **crumb mixture**.



5. Cook the Beans

Heat a splash of **oil** in your (now empty) frying pan on high heat. Stir-fry the **green beans** for 2 mins. Add the **garlic** and season with **salt**. Add the **water** (see ingredients for amount). Pop a lid on the pan (or cover with foil) and steam until just tender, 3-5 mins. Drain any leftover water, then stir through the **balsamic vinegar** and **olive oil** (see ingredients for amount).



CUSTOM RECIPE

If you've got **bacon lardons**, before you start the **beans**, heat a splash of **oil** in your (now empty) frying pan on high heat. Add the **bacon lardons** and stir fry until golden and crispy, 3-5 mins. **IMPORTANT:** *Cook the bacon lardons throughout.* Remove to a bowl with a slotted spoon and pop your frying pan back on medium high heat. Cook the **beans** as instructed above. Once you've removed from the heat and added the **balsamic vinegar**, add the **crispy bacon** to the **beans**.



3. Cook the Chicken

Roast the **chicken** on the top shelf of your oven until cooked through and golden on top, 25-30 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Meanwhile, heat a splash of **oil** in a frying pan over medium heat. Add the **onion**. Cook until soft, 7-10 mins, stirring occasionally, then remove from the pan and keep to one side. Don't wash the pan - we'll use it later to cook the green beans.



6. Finish and serve

Reheat the **onion mash** if necessary and spoon a generous amount onto your plate. Top it with the **chicken** and place some **garlicky green beans** alongside. Drizzle the **balsamic dressing** from the **beans** around the plate and finish with a sprinkling of the remaining **parsley**.

Enjoy!