



Herby Chicken

with Red Onion Mash and Garlicky Beans

Classic Eat Me Early 45 Minutes • 1 of your 5 a day



Potato



Red Onion



Green Beans



Garlic Clove



Flat Leaf Parsley



Panko Breadcrumbs



Provencal 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.

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Bowl, Baking Tray, Frying Pan, Colander, Potato Masher, Measuring Jug, Slotted Spoon.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------|----------|----------|-----------|
| Potato** | 450g | 700g | 900g |
| Red Onion** | 1 | 2 | 2 |
| Green Beans** | 150g | 200g | 300g |
| Garlic Clove** | 1 | 1 | 2 |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| Panko Breadcrumbs 13 | 10g | 25g | 25g |
| Provencal Herbs | 1 sachet | 1 sachet | 2 sachets |
| Olive Oil for the Crumb* | 1 tbsp | 2 tbsp | 2 tbsp |
| Chicken Breast** | 2 | 3 | 4 |
| Mayonnaise 8 9 | 1 sachet | 1 sachet | 2 sachets |
| Water for the Sauce* | 75ml | 100ml | 150ml |
| Balsamic Vinegar 14 | ½ sachet | ¾ sachet | 1 sachet |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsps | 2 tbsps |
| Bacon Lardons** | 90g | 120g | 180g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 553g | 100g |
| Energy (kJ/kcal) | 2192 / 524 | 396 / 95 |
| Fat (g) | 15 | 3 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 51 | 9 |
| Sugars (g) | 6 | 1 |
| Protein (g) | 46 | 8 |
| Salt (g) | 0.45 | 0.08 |

| Custom Recipe | Per serving | Per 100g |
|--------------------------------|-------------|-------------|
| for uncooked ingredient | 598g | 100g |
| Energy (kJ/kcal) | 2680 / 641 | 448 / 107 |
| Fat (g) | 24 | 4 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 52 | 9 |
| Sugars (g) | 6 | 1 |
| Protein (g) | 54 | 9 |
| Salt (g) | | |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Do the Prep

Preheat your oven to 200°C and put a large saucepan of **water** on to boil with 1/2 tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel unless you want to). 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.



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.



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**, **Provencal 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**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. Using the back of a spoon, spread the **mayo** over the top **half** of each **breast** and then sprinkle over the **crumb mixture**.



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. 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**.



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**.



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!