



Herby Chicken

with Red Onion Mash and Garlicky Green 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

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Baking Tray, Frying Pan, 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 pot
Olive Oil for the Breadcrumbs*	1 tbsp	2 tbsp	2 tbsp
Chicken Breast**	2	3	4
Mayonnaise 8 9	1 sachet	2 sachets	2 sachets
Water for the Beans*	75ml	100ml	150ml
Balsamic Vinegar 14	1 sachet	1 sachet	1 sachet
Olive Oil for the Bean Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	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

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.

Contact

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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 **potato** 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).



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!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.