



Herby Crumbed Chicken

with Cheesy Mash and Garlicky Beans

Classic Eat Me Early • 45 Minutes

16



Chicken Breast



Mayonnaise



Panko
Breadcrumbs



Italian Style
Herbs



Potatoes



Green Beans



Garlic Clove



Mature
Cheddar Cheese



Sweet
Chilli Sauce



Bacon
Lardons

Pantry Items
Olive Oil

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

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

Cooking tools

Saucepan, baking tray, bowl, garlic press, grater, colander, potato masher, frying pan, lid and aluminium foil.

Ingredients

	2P	3P	4P
Chicken Breast**	2	3	4
Mayonnaise (8) 9)	1 sachet	2 sachets	2 sachets
Panko Breadcrumbs 13)	25g	35g	50g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Potatoes**	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Sweet Chilli Sauce	32g	48g	64g
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	526g	100g
Energy (kJ/kcal)	2457 /587	467 /112
Fat (g)	17	3
Sat. Fat (g)	5	1
Carbohydrate (g)	60	11
Sugars (g)	11	2
Protein (g)	50	10
Salt (g)	0.94	0.18
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	571g	100g
Energy (kJ/kcal)	2945 /704	515 /123
Fat (g)	26	5
Sat. Fat (g)	8	1
Carbohydrate (g)	61	11
Sugars (g)	11	2
Protein (g)	58	10
Salt (g)	2.16	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) 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.

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Prep the Chicken

Preheat your oven to 200°C and put a large saucepan of **water** on to boil with ½ **tsp salt**. Pop the **chicken breasts** onto a baking tray and season with **salt** and **pepper**. Put a **quarter** of the **mayo** into a small bowl. Using the back of a spoon, spread the **mayo** from your bowl over the top half of each **breast**. **IMPORTANT:** Discard the rest of the **mayo** in the bowl. Put the **breadcrumbs, Italian style herbs** and **olive oil for the crumb** (see ingredients for amount) into another small bowl. Season with **salt** and **pepper** and mix well.



Make your Mash

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. 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**, then stir in the **cheese**. Cover with a lid to keep warm.



Cook the Chicken

Sprinkle the **crumb mixture** over the **mayo chicken** and press it down. When the oven is hot, roast the **chicken** on the top shelf until cooked through and golden on top, 25-30 mins. **TIP:** Cover the chicken with foil if the crumb is browning too quickly. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Fry the Beans

10 mins before the **chicken** is cooked, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down the medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.

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If you've chosen to add **bacon** to your meal, add to the pan before the **beans** and stir-fry until golden and crispy, 3-5 mins. Then continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.



Get Prepped

While the **chicken roasts**, chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



Finish and Serve

In a small bowl, mix the remaining **mayo** with the **sweet chilli sauce** and set aside. When everything is ready, slice the **chicken** widthways into 5 pieces and serve on your plates with the **mash** and **beans** alongside. Top with a dollop of the **sweet chilli mayo** to finish.

Enjoy!