



Oregano Crumbed Chicken with Cheesy Mash and Garlicky Beans

Classic 40-45 Minutes

1



Panko Breadcrumbs



Dried Oregano



Chicken Fillet



Mayonnaise



Potatoes



Green Beans



Garlic Clove



Mature Cheddar
Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Panko Breadcrumbs 13)	25g	35g	50g
Dried Oregano	1 sachet	1 sachet	2 sachets
Chicken Fillet**	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	30g	45g	60g

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	2503/598	475/114
Fat (g)	21.3	4.0
Sat. Fat (g)	5.4	1.0
Carbohydrate (g)	53.9	10.2
Sugars (g)	4.5	0.9
Protein (g)	50.0	9.5
Salt (g)	1.04	0.20

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing 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.

Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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1 Prep the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Put a large saucepan of **water** on to boil with ½ **tsp salt**.

Put the **breadcrumbs**, **oregano** and **olive oil for the crumb** (see ingredients for amount) into a small bowl. Season with **salt** and **pepper** and mix well.

Pop the **chicken fillets** onto a baking tray and season them well. Spoon a **quarter** of the **mayo** over the top **half** of each **fillet**. Sprinkle over the **crumb mixture** and press it down with a spoon. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



4 Make your Cheesy 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 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.



2 Bake until Golden

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:** The chicken is cooked when no longer pink in the middle.



5 Fry the Beans

When the **chicken** has 10 mins of cooking time left, 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**, then turn the heat down to medium and cook for 1 min.

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.



3 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**.



6 Serve

When everything is ready, slice the **chicken** widthways and serve on your plates with the **mash** and **beans** alongside.

Serve with the remaining **mayo** for dipping.

Enjoy!