



# PAN-FRIED CHICKEN

with Butterbeans, Ciabatta Croutons and Cherry Tomatoes



## HELLO ECHALION SHALLOT

*An Echalion Shallot is a cross between a regular shallot and an onion. It has a milder taste than a normal onion too!*



Echalion Shallot



Chicken Fillet



Ground Coriander



Ciabatta



Butter Beans



Cherry Plum Tomatoes



Red Wine Vinegar



Honey



Baby Spinach

MEAL BAG 3

35 mins

2 of your 5 a day

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Frying Pan** some **Baking Paper**, a **Baking Tray**, **Sieve**, some **Foil** and a **Mixing Bowl**. Now, let's get cooking!



## 1 PREP TIME!

Preheat your oven to 200°C. Halve, peel and thinly slice the **shallot**. Lay a **chicken fillet** on a chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other **fillet(s)**. Season the **chicken** with **salt** and **pepper**.

**! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



## 2 COOK THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **chicken** and fry, turning occasionally, until golden on both sides, 4-5 mins. Lower the heat to medium and add the **shallot** and **ground coriander** to the pan. Cook, stirring occasionally, until the **shallot** is soft and the **chicken** cooked through, 4-5 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 3 FINISH THE PREP

Meanwhile, tear the **ciabatta** into roughly 2cm pieces and pop on a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Bake on the top shelf of your oven until golden, 6-8 mins. Drain and rinse the **butter beans** in a sieve. Halve the **cherry tomatoes**.



## 4 MAKE THE DRESSING

In a small bowl, mix together the **red wine vinegar**, **honey** and **olive oil** (see ingredients for amount). Season with a pinch of **salt** and **pepper**. Set aside.



## 5 NEARLY THERE

When it is cooked through, remove the **chicken** from the pan, pop onto a plate and cover in foil to keep warm. Add the **cherry tomatoes** and **butter beans** to the now empty pan. Cook for 2 mins, then stir in the **spinach** a handful at a time to wilt it. Remove the pan from the heat and tip the contents into a mixing bowl.



## 6 SERVE

Add the **ciabatta croutons** to the bowl and pour over the **dressing**. Toss everything together and season to taste with **salt** and **pepper** if needed. Slice the **chicken** into thin strips. Share the **salad** between your bowls and top with the **chicken**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot	1	1½	2
Chicken Fillet *	2	3	4
Ground Coriander *	1 small pot	¾ large pot	1 large pot
Ciabatta 11) 13)	1	1½	2
Butter Beans	1	1½	2
Cherry Plum Tomatoes	carton	cartons	cartons
Red Wine Vinegar 14)	1 small punnet	¾ large punnet	1 large punnet
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil*	1 small bag	1½ sachets	2 sachets
Baby Spinach *	1 tbsp	1½ tbsp	2 tbsp
	1 small bag	1 small bag	1 large bag

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 532G	PER 100G
Energy (kcal)	487	91
(kJ)	2036	382
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	42	8
Sugars (g)	13	3
Protein (g)	51	10
Salt (g)	1.17	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

11) Soya 13) Gluten 14) Sulphites

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

## THUMBS UP OR THUMBS DOWN?

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