



# PAN-FRIED CHICKEN

with Roasted Squash and Garlicky Greens



## HELLO LEMON

*A little lemon juice can prevent apples/pears/artichokes from browning*



Butternut Squash



Garlic Clove



Lemon



Ground Coriander



Skin-On Chicken Breast



Sliced Spring Greens



Mayonnaise

MEAL BAG

40 mins

1.5 of your 5 a day

Delicious and fresh, this springtime chicken recipe is a quick and simple dish perfect for a mid-week dinner. Crispy pan-fried chicken is served alongside roasted butternut squash and garlicky spring greens and finished off with a dollop of lemony mayonnaise and a squeeze of fresh lemon. Simple but effective, it's a well loved recipe for a reason.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Baking Trays**, a **Fine Grater**, **Mixing Bowl** and **Large Frying Pan**. Now, let's get cooking!



### 1 SQUASH TIME

Preheat your oven to 220°C. Trim the **butternut squash**, halve lengthways and scoop out the seeds. Chop it widthways into 1cm wide slices, then chop into 1cm chunks (no need to peel) - it needs to be cut really small or it'll take ages to cook. Lay on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread evenly and roast on the top shelf of your oven until soft and golden, 25-30 mins. Turn halfway through cooking.



### 4 FRY THE GREENS

While the chicken roasts, get your washing up done (but don't wash the frying pan). When everything is about 6 mins from being ready, pop the frying pan back on medium high heat and add a splash of **oil**. Add the **spring greens** and a pinch of **salt** and **pepper** and stir-fry until softened, 3-5 mins. Add the **garlic** to the **greens**, stir and cook for 1 minute more, then remove from the heat.



### 2 COAT THE CHICKEN

Meanwhile, peel and grate the **garlic** (or use a garlic press) - set aside. Zest the **lemon** then cut into wedges. Put the **ground coriander** and **lemon zest** in a mixing bowl with a pinch of **salt** and **pepper** and a drizzle of **oil**. Mix to combine, then add the **chicken breasts** to the bowl. Toss to coat in the **mixture** and set aside. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 5 COMBINE

Once the **chicken** and **squash** are cooked, remove from the oven and pop your **chicken** on a board to rest. Stir the **squash** through the **greens** either in your baking tray or frying pan - whichever is easiest!



### 3 COOK THE CHICKEN

Heat a large frying pan on high heat (no oil). Once the pan is hot, lay in the **chicken** skin-side down and cook until the skin is nice and crispy, about 5-6 mins. Turn and cook for 2 mins on the other side, then transfer to another baking tray and roast on the top shelf of your oven until cooked through, 12-15 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 6 FINISH AND SERVE

Put the **mayo** in a small bowl and add a squeeze of **lemon** and a pinch of **salt** and **pepper**. Mix together. Thinly slice the **chicken**. Serve the **squash** and **greens** in bowls with the **chicken** on top and a dollop of **lemony mayonnaise**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 small	1 large	2 small
Garlic Clove *	1	2	2
Lemon *	½	1	1
Ground Coriander	1 small pot	¾ large pot	1 large pot
Skin-On Chicken Breast *	2	3	4
Sliced Spring Greens *	1 large bag	1½ large bags	2 large bags
Mayonnaise 8) 9) *	1 sachet	1½ sachets	2 sachets

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 534G	PER 100G
Energy (kJ/kcal)	2056 / 492	385 / 92
Fat (g)	28	5
Sat. Fat (g)	5	1
Carbohydrate (g)	22	4
Sugars (g)	13	2
Protein (g)	39	7
Salt (g)	0.38	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

8) Egg 9) Mustard

**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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