



# CHICKEN PICCATA & ROASTED VEGGIES

with Buttery Sauce



Cook a parsley-butter sauce



Potato



Carrot



Zucchini



Thyme



Baby Spinach Leaves



Eschlot



Garlic



Parsley



Chicken Breast



Sweet Mustard Spice Blend



Chicken Stock

**Pantry Staples:** Olive Oil, Plain Flour, Butter

Hands-on: **40** mins  
Ready in: **50** mins

Eat me early

Low calorie

It may sound fancy, but that's just because we've taken inspiration from Italy. This kid-approved combo of flavoursome chicken steaks, roasted veggies and a smooth buttery sauce ticks all the boxes for a tasty and easy dinner, no matter what language you're speaking!

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



### 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) into 1cm pieces. Cut the **zucchini** into 2cm chunks. Pick the **thyme** leaves. Spread the potato, carrot, zucchini and thyme over two oven trays lined with baking paper and **drizzle** with **olive oil**. Season generously with **salt** and **pepper**, toss to coat and roast until tender, **25-30 minutes**, or until tender. Once done, add the **baby spinach leaves** to both trays and toss to combine. **TIP:** *Cut the veggies to the correct size so they cook in the allocated time!*



### 4 COOK THE CHICKEN

In a large frying pan, heat a **good drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **chicken** and cook until cooked through, **3-5 minutes** each side. Transfer a plate to rest. **TIP:** *If your pan is getting crowded, cook in batches for the best results!*



### 2 GET PREPPED

While the veggies are roasting, finely chop the **eschalot**. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves.



### 5 MAKE THE SAUCE

While the chicken is resting, return the pan to a medium heat with a **drizzle of olive oil**. Add the **eschalot, garlic** and **1/2 the parsley** and cook until softened and fragrant, **2-3 minutes**. Crumble in **1/2 a chicken stock cube** and add the **water**. Bring to the boil then add the **butter**. Mix with a whisk or fork until combined and slightly thickened, **1-2 minutes**. Remove from the heat. **TIP:** *Add any resting juices to the sauce for extra flavour!*



### 3 PREPARE THE CHICKEN

Place your hand flat on top of a **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining chicken. In a large bowl, combine the **plain flour, sweet mustard spice blend, the salt** and a **pinch of pepper**. One at a time, coat each chicken steak in the flour mixture, making sure each one gets a good coating on both sides. Transfer to a plate.



### 6 SERVE UP

Thinly slice the chicken. Divide the chicken and roast veggies between plates. Spoon over the buttery sauce. Garnish the adult portions with the remaining parsley.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
carrot	2
zucchini	2
thyme	1 bunch
baby spinach leaves	1 bag (60 g)
eschalot	1
garlic	1 clove
parsley	1 bunch
chicken breast	1 packet
plain flour*	1 tbs
sweet mustard spice blend	2 sachets
salt*	½ tsp
chicken stock	½ cube
water*	½ cup
butter*	30 g

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (536Cal)	369kJ (88Cal)
Protein (g)	46.0g	7.6g
Fat, total (g)	20.7g	3.4g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	37.3g	6.1g
- sugars (g)	8.8g	1.5g
Sodium (g)	913mg	150mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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