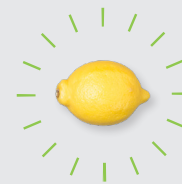




PANKO-CRUSTED CHICKEN & LEMON SAUCE

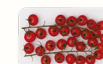
with Cherry Tomato Salad



Make a
lemon sauce



Lemon



Cherry Tomatoes



Chicken Breast



Slivered Almonds



Panko Breadcrumbs



Chicken Stock



Mixed Salad
Leaves



Hands-on: **35** mins
Ready in: **40** mins



Eat me early

There's nothing quite like the golden crust of a good old-fashioned crusted chicken breast to cheer you up – that's just simple science. And as for condiments? We think our lemon sauce might just make for the ultimate finishing touch.

Pantry Staples: Olive Oil, Plain Flour, Eggs, Butter, Honey, Balsamic Vinegar (or Red Wine Vinegar)

BEFORE YOU START

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

- **large frying pan**



1 GET PREPPED

Slice the **lemon** into wedges. Slice the **cherry tomatoes** in half. Place 1 **chicken breast** between 2 pieces of baking paper. Using a meat mallet or rolling pin, pound the chicken until 2cm thick. Repeat with the remaining chicken. Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, stirring, for **3-4 minutes**, or until golden. Transfer to a small bowl and set aside.



4 MAKE THE LEMON SAUCE

TIP: If you don't want the lemon sauce, just serve with lemon wedges instead! Wipe the frying pan clean with paper towel. Add the **butter** and melt over a medium-high heat until browned slightly. Crumble in the **chicken stock cube** (**1/2 cube for 2 people / 1 cube for 4 people**) and add the **water**, **honey** and a squeeze of **lemon juice**. Whisk together and simmer for **2 minutes**, or until slightly thickened. Remove from the heat.

TIP: Add as much or as little lemon juice as you like depending on your taste.



2 CRUMB THE CHICKEN

In a shallow bowl, combine the **plain flour**, **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg** with a **dash** of **water**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken breast** into the flour mixture, followed by the egg and finally in the panko breadcrumbs. Set aside on a plate. **TIP:** If you don't have an egg, use **2 tbs of milk** instead.



5 MAKE THE TOMATO SALAD

In a medium bowl, combine the **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and **balsamic vinegar**. Season with a **pinch** of **salt** and **pepper**. Add the **mixed salad leaves** and **cherry tomatoes** and toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



3 COOK THE CHICKEN

Return the large frying pan to a medium-high heat with enough **olive oil** to coat the base. Once the **oil** is hot, add **1/2** the crumbed **chicken breast** and cook for **3-4 minutes** on each side, or until golden on the outside and cooked through. Transfer to a plate lined with paper towel to drain. Repeat with the remaining crumbed chicken breast, adding extra olive oil if required. **TIP:** The chicken is cooked when it is no longer pink in the centre.



6 SERVE UP

Divide the panko-crusted chicken and the cherry tomato salad between plates. Sprinkle with the slivered almonds and drizzle with the lemon sauce (if using). Serve with any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lemon	1	2
cherry tomatoes	1 punnet	2 punnets
chicken breast	1 packet	1 packet
slivered almonds	1 packet	2 packets
plain flour*	2 tbs	1/3 cup
salt*	1 tsp	2 tsp
eggs*	1	2
panko breadcrumbs	1 packet	2 packets
butter*	40 g	80 g
chicken stock	1/2 cube	1 cube
water*	2 tbs	1/3 cup
honey*	1/2 tsp	1 tsp
balsamic vinegar* (or red wine vinegar)	2 tsp	1 tbs
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3590kJ (858Cal)	741kJ (177Cal)
Protein (g)	49.6g	10.2g
Fat, total (g)	57.3g	11.8g
- saturated (g)	18.2g	3.8g
Carbohydrate (g)	33.6g	6.9g
- sugars (g)	6.5g	1.3g
Sodium (g)	1270mg	261mg

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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