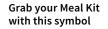


# Panko-Crusted Chicken

with Sweet Potato Mash & Parsley Butter









**Green Beans** 



Broccoli



Chicken Breast





Panko Breadcrumbs

Parsley

Dill & Parsley Mayonnaise





Hands-on: 35-45 mins Ready in: 45-55 mins



This take on meat and three veggies has just enough little tricks to transform your regular dinner into a family favourite. The parsley-butter sauce is out of this world!



Olive Oil, Butter, Plain Flour, Egg

# Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large saucepan with a lid · Large frying pan

# Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
green beans	1 bag (100g)	1 bag (200g)	
broccoli	1 head	2 heads	
salt* (for the mash)	1/4 tsp	½ tsp	
butter* (for the mash)	40g	80g	
chicken breast	1 small packet	1 large packet	
plain flour*	2 tbs	⅓ cup	
salt* (for the chicken)	¾ tsp	1½ tsp	
egg*	1	2	
panko breadcrumbs	1 packet	2 packets	
garlic	1/4 clove	½ clove	
butter* (for the sauce)	20g	40g	
parsley	1 bag	1 bag	
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3856kJ (921Cal)	602kJ (143Cal)
Protein (g)	49.2g	7.7g
Fat, total (g)	53.6g	8.4g
- saturated (g)	21.3g	3.3g
Carbohydrate (g)	57.5g	9g
- sugars (g)	14.5g	2.3g
Sodium (mg)	1384mg	216mg

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Prep the veggies

Bring a large saucepan of salted water to the boil. Peel the **sweet potato** and cut into 2cm chunks. Trim and halve the **green beans**. Cut the **broccoli** into small florets, then roughly chop the stalk.

TIP: Cut the veggies to size so they cook in time.



# Cook the veggies

Add the **sweet potato** to the saucepan of boiling water. Cook for **5 minutes**. Place a colander or steamer basket on top of the saucepan and add the **green beans** and **broccoli**. Cover with a lid and steam until the veggies and sweet potato have softened, **8-10 minutes**. Set aside the **veggies** in the colander. Drain the **sweet potato** and return to the saucepan. Add the **salt (for the mash)** and **butter (for the mash)**, then mash using a potato masher or fork until smooth.



#### Crumb the chicken

While the veggies are cooking, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a shallow bowl, combine the **plain flour**, **salt (for the chicken)** and a good pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken** steaks into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



### Cook the chicken

Heat a large frying pan over a medium-high with enough **olive oil** to coat the base. When the oil is hot, cook the **crumbed chicken** until golden, **3-5 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** If your pan is getting crowded, cook the chicken in batches for the best results!



# Make the parsley butter

Finely chop the **garlic** (see ingredients). In a small microwave-safe dish, combine the **butter** (**for the sauce**) and **garlic**. Season with **salt** and **pepper**. Microwave in **20 second bursts** until melted. Finely chop the **parsley** leaves. Stir the **parsley** through the **garlic butter**.

**TIP:** If you don't have a microwave, you can melt the butter in a small saucepan.



# Serve up

Divide the panko-crusted chicken, sweet potato mash and steamed veggies between plates. Drizzle with the parsley butter and serve with the **dill & parsley mayonnaise**.

# Enjoy!