



Panko-Crusted Chicken

with Sweet Potato Mash & Parsley Butter

Grab your Meal Kit with this symbol



Sweet Potato



Green Beans



Broccoli



Chicken Breast



Panko Breadcrumbs



Garlic



Parsley



Dill & Parsley Mayonnaise

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

Eat me early

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!

Pantry items

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

	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)	¼ tsp	½ tsp
butter* (for the mash)	40g	80g
chicken breast	1 small packet	1 large packet
plain flour*	2 tbs	½ cup
salt* (for the chicken)	¾ tsp	1½ tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
garlic	¼ clove	½ clove
butter* (for the sauce)	20g	40g
parsley	1 bag	1 bag
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

*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!