



# 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
butter* (for the mash)	40g	80g
chicken breast	1 small packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3678kJ (879Cal)	586kJ (140Cal)
Protein (g)	53.7g	8.6g
Fat, total (g)	47.4g	7.6g
- saturated (g)	19.5g	3.1g
Carbohydrate (g)	56.8g	9g
- sugars (g)	15.4g	2.5g
Sodium (mg)	1343mg	214mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 bite-sized chunks. Trim and halve the **green beans**. Cut the **broccoli** into small florets, then roughly chop the stalk.



## Cook the veggies

Cook the **sweet potato** in the boiling water 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 greens 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 a generous pinch of **salt** and **butter (for the mash)** and mash until smooth.



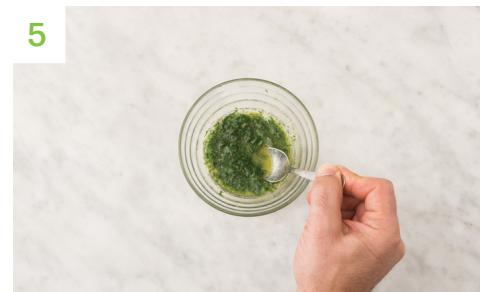
## Crumb the chicken

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**, the **salt** 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 of the pan. When the oil is hot, cook the **chicken** until golden, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.



## 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**. 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 and steamed veggies between plates. Drizzle with the parsley-butter sauce. Serve with the **dill & parsley mayonnaise**.

Enjoy!