



Sage & Rosemary Crusted Chicken

with Creamy Potato & Green Bean Salad

Grab your Meal Kit with this symbol



Lemon



Potato



Green Beans



Garlic



Sage



Rosemary



Spring Onion



Chicken Breast



Panko Breadcrumbs



Dijon Mustard



Mayonnaise



Baby Spinach Leaves

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me early

This weeknight wonder of herb-crusted chicken tastes just like classic chicken and stuffing, but it's made in about half the time. Served with creamy potato and green bean salad, it will quickly turn into a favourite dinner.

Pantry items

Olive Oil, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
sage	1 bunch	1 bunch
rosemary	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
chicken breast	1 small packet	1 large packet
salt* (for the crumb)	1 tsp	2 tsp
plain flour*	2 tbs	½ cup
egg*	1	2
panko breadcrumbs	1 packet	2 packets
salt* (for the potatoes)	¼ tsp	½ tsp
Dijon mustard	½ tub (7.5g)	1 tub (15g)
mayonnaise	1 packet (40g)	2 packets (80g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3229kJ (771Cal)	541kJ (129Cal)
Protein (g)	46.8g	7.8g
Fat, total (g)	38.4g	6.4g
- saturated (g)	6.2g	1g
Carbohydrate (g)	55.2g	9.2g
- sugars (g)	3.9g	0.7g
Sodium (mg)	1599mg	268mg

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.



1. Get prepped

Bring a medium saucepan of salted water to the boil. Zest the **lemon** to get a **generous pinch**, then slice into wedges. Peel the **potato** and chop into 2cm chunks. Trim and halve the **green beans**. Finely chop the **garlic** (or use a garlic press). Pick the **sage** and **rosemary** leaves and finely chop. Thinly slice the **spring onion**. Place your hand flat on top of each **chicken breast** and slice horizontally, without cutting all the way through. Open up the **chicken breast** like a book.



4. Cook the chicken

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **chicken** and fry until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



2. Cook the potato & beans

Add the **potato** to the boiling water and cook until soft when pierced with a knife, **10-12 minutes**. When the potato has **2 minutes** cook time remaining, add the **green beans** and cook until just tender. Drain the **potato** and **green beans** and set aside to cool.



5. Make the salad

In a large bowl, combine the **salt (for the potatoes)**, **Dijon mustard (see ingredients list)**, **mayonnaise**, **olive oil (2 tsp for 2 people / 1 tbs for 4 people)**, a **squeeze of lemon juice** and a **pinch of pepper**. Add the **potato**, **green beans**, **baby spinach leaves** and **spring onion** and toss to coat.



3. Crumb the chicken

While the potato is cooking, combine the **salt (for the crumb)** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **sage**, **rosemary**, **garlic**, **lemon zest**, **panko breadcrumbs** and a **good pinch of salt** and **pepper**. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko mixture**. Set aside on a plate.



6. Serve up

Divide the sage and rosemary crusted chicken and potato and green bean salad between plates. Serve with any remaining lemon wedges.

Enjoy!