

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 Bread crumbs



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	½ bag	1 bag
rosemary	2 sticks	4 sticks
spring onion	2 stems	4 stems
chicken breast	1 small packet	1 large packet
salt* (for the crumb)	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
salt* (for the potato)	¼ tsp	½ tsp
Dijon mustard	½ packet (7.5g)	1 packet (15g)
mayonnaise	1 packet (40g)	2 packets (80g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3003kJ (718Cal)	516kJ (123Cal)
Protein (g)	45.1g	7.7g
Fat, total (g)	32.7g	5.6g
- saturated (g)	5.6g	1g
Carbohydrate (g)	56.1g	9.6g
- sugars (g)	4.9g	9.6g
Sodium (mg)	1615mg	277mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 bite-sized chunks. Trim and halve the **green beans**. Finely chop the **garlic**. Pick the **sage** (see ingredients) and **rosemary** leaves and finely chop. Thinly slice the **spring onion**. Place your hand flat on top of each **chicken breast** and slice horizontally to make two thin steaks.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the chicken until golden, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.



Cook the potato & beans

Cook the **potato** in the boiling water until soft when pierced with a knife, **10-12 minutes**. When the potato has about **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.



Make the potato salad

In a large bowl, combine the **salt (for the potato)**, **Dijon mustard** (see ingredients), **mayonnaise**, a drizzle of **olive oil**, a squeeze of **lemon juice** and a pinch of **pepper**. Add the **potato** and **green beans**, **baby spinach leaves** and **spring onion** and toss to coat.



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 **garlic**, **sage**, **rosemary**, **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**. Transfer to a plate.



Serve up

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

Enjoy!