



WALNUT & ROSEMARY CRUSTED CHICKEN

with Roast Potato & Garden Salad



Use garlic aioli to help a crust stick to chicken



Potato



Red Onion



Rosemary



Garlic



Walnuts



Chilli Flakes (Optional)



Panko Breadcrumbs



Garlic Aioli



Chicken Breast



Cucumber



Balsamic Glaze



Mixed Salad Leaves

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

Eat me early

Spicy (optional chilli flakes)

What's not to like about crusted chicken breast? It's a great way to introduce texture and keep the chicken moist while it cooks. The walnut and rosemary in the crust adds some amazing flavour, too!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



1 ROAST THE POTATO & ONION

Preheat the oven to **200°C/180°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Slice the **red onion** into 2cm thick wedges. Place the potato and onion on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



4 COOK THE CHICKEN

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the crusted **chicken** and cook until golden, **2 minutes** on each side. Transfer to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes**. Halfway through the baking time, add the **leftover crumb** to the tray to toast. When the chicken is done, set aside to rest. **TIP:** The chicken is done when it is no longer pink inside.



2 PREP THE CRUST

While the potato is roasting, pick the **rosemary** leaves and finely chop. Finely chop the **garlic** (or use a garlic press). Using a rolling pin or the base of a saucepan, crush the **walnuts** in their packet (or finely chop). In a shallow bowl, combine the rosemary, garlic, walnuts, a **pinch** of **chilli flakes** (if using), **panko breadcrumbs** and the **salt**. Season with a **pinch** of **pepper**.



5 TOSS THE SALAD

While the chicken is baking, thinly slice the **cucumber** into half-moons. In a large bowl, combine the **balsamic glaze** (see **ingredients list**), **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and a **pinch** of **salt** and **pepper**. Just before serving, add the cucumber and **mixed salad leaves** to the dressing and toss to coat.



3 COAT THE CHICKEN

Set **1/2** the **garlic aioli** aside until time to serve. Spread the remaining garlic aioli all over each **chicken breast**, then, working one at a time, add the chicken to the **walnut-panko mix** and turn to coat, pressing lightly to help the crust stick. Reserve any leftover crumb in the bowl, you will use it in step 4. **TIP:** The garlic aioli acts as an egg replacement and will help the chicken stay moist.



6 SERVE UP

Thickly slice the walnut and rosemary crusted chicken. Divide the chicken, roasted potato and onion and salad between plates. Sprinkle the toasted walnut-rosemary crumb over the salad. Serve with the reserved garlic aioli.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
red onion	1	2
rosemary	1 bunch	1 bunch
garlic	1 clove	2 cloves
walnuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
panko breadcrumbs	1 packet	2 packets
salt*	½ tsp	1 tsp
garlic aioli	1 tub (100 g)	2 tubs (200 g)
chicken breast	1 packet	1 packet
cucumber	1	2
balsamic glaze	½ bottle	1 bottle
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3930kJ (938Cal)	575kJ (137Cal)
Protein (g)	50.2g	7.4g
Fat, total (g)	53.1g	7.8g
- saturated (g)	7.9g	1.2g
Carbohydrate (g)	62.5g	9.2g
- sugars (g)	12.8g	1.9g
Sodium (g)	826mg	121mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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