

WALNUT & ROSEMARY CRUSTED CHICKEN

What's not to like about crusted chicken breast? It's a great way to introduce texture and keep the chicken moist while it

with Roast Potato & Garden Salad



cooks. The walnut and rosemary in the crust adds some amazing flavour, too!



Use garlic aioli to help a crust stick to chicken









Rosemary







Chilli Flakes (Optional)



Panko Breadcrumbs





Chicken Breast





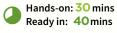


Balsamic Glaze



Mixed Salad

Pantry Staples: Olive Oil





Spicy (optional chilli

flakes)

BEFORE YOU STAR

• two oven trays lined with baking paper • medium frying pan



ROAST THE POTATO & ONION Preheat the oven to 200°C/180°C fanforced. 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.



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**.



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 walnutpanko 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.



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.





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.



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.

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

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