



Cooking Made Easy

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Summery Grain Mustard Potato Salad with Pan-Fried Chicken

Tonight's recipe comes with a little history lesson in mustard. We first hear mention of this fiery little condiment from the Romans back in the 4th century, but it really hit the headlines when it reached Dijon around 800 years later. In fact, people went so potty for the stuff that when the Duke of Burgundy threw a party in 1336 his guests ate 70 gallons of mustard in one sitting! We've sent you slightly less tonight, but we hope you'll go potty too.



30 min



family box



gluten free



New Potatoes



Red Onion



Celery



Flat Leaf Parsley



Green Beans



Chicken Breast



Wholegrain Mustard



Red Wine Vinegar



Sour Cream

Ingredients

	2P	4P
New Potatoes	-	4 cups
Red Onion, diced	-	4 tbsp
Celery, diced 1	-	1 stick
Flat Leaf Parsley, chopped	-	2 tbsp
Green Beans, chopped	-	1 cup
Chicken Breast	-	4
Wholegrain Mustard 2	-	2 tsp
Red Wine Vinegar 3	-	1 tbsp
Sour Cream 4	-	5 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Celery | 2) Mustard
3) Sulphites | 4) Milk

Nutrition per serving: Calories: 473 kcal | Protein: 35g | Carbs: 39g | Fat: 18g | Saturated Fat: 10g

2



1 Bring a pot of water with ½ tsp of salt to a gentle boil. Chop (but don't peel) the potatoes into 2cm cubes. Boil the potatoes until just soft enough to eat (don't overcook them!).

3



2 Peel and finely dice 4 tbsp of the red onion. Chop the celery lengthways into six strips then finely dice widthways. Finely chop the parsley. Chop the very tops and bottoms from the beans and then slice them in half lengthways.

6



3 Place your hand flat on each chicken breast and slice in half from the side. **Tip:** You want to be able to open up the chicken breast like a book (this is called 'butterflying'). Lay the chicken between two sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is 1cm thick.

7



4 Heat 2 tbsp of olive oil in a non-stick pan on medium-high heat. Season the chicken on both sides with a pinch of salt and some black pepper. Once the pan is hot cook the chicken for around 4 mins on each side then remove.

Tip: The chicken is cooked once it is no longer pink in the middle.

5 Once the potatoes are cooked remove them from the pan (a 'slotted' spoon, i.e. one with holes in it, makes this easier). Now cook the beans in the water for a few mins until just soft enough to eat.

Tip: Drain the beans once ready and put in a bowl of icy cold water to stop them going soft.

6 LH: Thoroughly mix the mustard, vinegar and 3 tbsp of olive oil in a bowl. Stir in the red onion and ¼ tsp of salt and a few good grinds of black pepper. **Tip:** If you happen to have a lemon in the larder then a grating of lemon zest wouldn't go amiss.

7 Toss the drained potatoes in the dressing. Next add in the celery, parsley and the drained green beans. Lastly stir through 5 tbsp of the sour cream.

8 Slice your chicken and lay across the top of your warm potato salad.