



Cooking Made Easy

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Mediterranean Veg, Butterflied Chicken & Dill Crème Fraîche

Dill is the black sheep of the HelloFresh Family. Unlike the other herbs, who always dutifully turn up to dinner, dill has other ideas. We've only seen him around these parts on a few occasions, but whenever he turns up to the dinner table you're guaranteed to be in for a good time. Tonight he'll be making an appearance alongside a beautiful slab of grilled citrus chicken and a stack of mouthwatering charred vegetables. What a rockstar.



30 min



family box



gluten free



healthy



Chicken Breast



Garlic Clove



Lemon



Dried Oregano



Aubergine



Red Pepper



Courgette



Dill



Crème Fraîche

Ingredients

	2P	4P
Chicken Breast	-	4
Garlic Clove, chopped	-	2
Lemon	-	1
Dried Oregano	-	1 tbsp
Aubergine, sliced	-	1
Red Pepper, sliced	-	2
Courgette, sliced	-	2
Dill, chopped	-	2 tbsp
Crème Fraîche 1	-	½ cup

⊕ 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) Milk

Nutrition per serving: Calories: 385 kcal | Protein: 33 g | Carbs: 33 g | Fat: 17 g | Saturated Fat: 13 g



1 Butterfly your chicken breasts (this is easier than it may sound): place your hand flat on top of the breast then cut it in half so that you have two thin slices of meat.



2 Finely dice one of the garlic cloves. Coat the chicken with 1 tbsp of olive oil and the diced garlic. Grate over the zest of half the lemon and squeeze on half its juice. Finally, add in the oregano, a pinch of salt and pepper and leave to rest.



3 Pre-heat your grill to high heat. Slice the aubergine into round discs just under 1cm thick. Remove the core from the pepper and slice it into four 'panels'. Chop the very top and bottom from the courgette and slice lengthways (½cm slices).



4 Place the chicken on a baking tray under the grill on the highest shelf. Cook for around 5 mins on each side. **Tip:** The chicken is ready once it is no longer pink in the middle.

5 Cut your other garlic clove in half and rub it firmly on all your vegetables. Pre-heat a large frying

pan on high heat. Using your fingers, rub a little olive oil on each vegetable slice. Space the vegetables out in the pan so that you don't stew them.

6 Cook the vegetables for a few mins on each side in a really hot pan, then remove to a plate.

Tip: You can use two frying pans if you have them, but make sure you don't overload the pan or you won't get a nice charred finish on the vegetables (they'll go soggy instead).

7 Very finely chop the dill. **LH:** Mix the dill with the crème fraîche. Add the juice from your remaining half of lemon and a pinch of salt and pepper.

8 Chop each chicken breast in half and stack the vegetables around it. Put a dollop of your crème fraîche on top. Eat up!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!