



Cooking Made Easy

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Chicken Paillard with Rosemary Potatoes, Rocket and Gremolata

You have to love chefs for their ability to make even the most simple things sound like they require a Cordon Bleu certificate and a silly moustache to cook. Case in point: Chicken Paillard. To the uninitiated, this may sound like the preserve of the French aristocracy. In reality, it's just a really simple cooking method, saving you time and leaving your chicken nice and tender. We've accompanied it with a classic mix of parsley, lemon zest and garlic, but if you think that sounds too simple, you can always chef things up a bit and call it a 'gremolata' ;-)



30 min



family box



gluten free



healthy



lactose free



Spring Onion



Radish



Flat Leaf Parsley



Garlic Clove



New Potatoes



Chicken Breast



Lemon




Rosemary




Rocket

Ingredients

	2P	4P
Spring Onion, sliced	-	4
Radish, sliced	-	7
Flat Leaf Parsley, chopped	-	4 tbsp
Garlic Clove, chopped	-	2
New Potatoes	-	4 cups
Chicken Breast	-	4
Lemon	-	1
Rosemary	-	2 sprigs
Rocket	-	2 bags

 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

N/A

Nutrition per serving: Calories: 292 kcal | Protein: 30 g | Carbs: 34 g | Fat: 2 g | Saturated Fat: 0.5 g



1 Bring a large pot of water to the boil and pre-heat your grill to high. Slice your spring onion and your radishes finely and roughly chop the parsley. Peel and finely chop the garlic.



2 Put your new potatoes into the boiling water with $\frac{1}{2}$ tsp of salt. Cook until you can easily slip a knife through them. This should take around 10-15 mins depending on their size.



3 Place your hand flat on top of the breast and cut it in half sideways so that you have two thin slices. Now open the chicken up like a book - you've just 'butterflied' your chicken!



4 To make the gremolata, mix the 4 tbsp of chopped parsley with the chopped garlic. Add the zest of half of your lemon. Finally, add $1\frac{1}{2}$ tbsp of good olive oil, 2 tsp of lemon juice and a pinch of salt and pepper.

5 Evenly coat each chicken breast in $\frac{1}{2}$ tsp of olive oil and a pinch of salt and pepper. Place on a baking tray and squeeze over some lemon juice. Put them under the grill on

the highest shelf. Grill each side for around 6 mins or until the middle is no longer pink.

6 Drain your new potatoes and then run them quickly under some cold water. Use the back of a wooden spoon or something similar to break up the potatoes slightly.

7 Heat $\frac{1}{2}$ tbsp of olive oil in a pan on high heat and add in your potatoes. Throw in the leaves of the rosemary and a pinch of salt and pepper. Cook them for a few mins until they have gone nice and crispy around the edges.

8 Finally, mix your rocket, radishes and spring onions with $\frac{1}{2}$ tbsp of olive oil. Add a pinch of salt and pepper. Serve your potatoes on the side with your chicken paillard and a spoonful of gremolata. Bon appétit!