



CRUNCHY GARLIC CHICKEN

with Roasted Veggies



HELLO CARROT

Carrots were among the plants grown in the Hanging Gardens of Babylon in the 8th century BC!



New Potatoes



Dried Thyme



Chicken Breast



Carrot



Courgette



Garlic Clove



Flat Leaf Parsley



Crème Fraîche



Panko Breadcrumbs



Olive Oil

40 mins

3 of your 5 a day

We love panko breadcrumbs. They're larger and more delicate than normal breadcrumbs so crisp up better when cooked. Today we're using them to bring some crunch to a garlicky chicken breast served with roasted veggies. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, some **Baking Paper**, a **Fine Grater** (or **Garlic Press**), **Frying Pan** and some **Foil**. Now, let's get cooking!



1 ROAST THE SPUDS

Preheat your oven to 200°C. Half the **new potatoes** and put on a lined baking tray. Drizzle on a little **oil** and half the **dried thyme**. Season with **salt** and **black pepper**. Toss to coat and spread out evenly. Roast on the top shelf of your oven until golden, 30 mins. Place your hand flat on top of one of the **chicken breasts** and slice it from the side so it opens like a book. Repeat for all breasts (remember to wash your hands afterwards!).



4 MAKE THE CRUMB

Put the **crème fraîche** in a small bowl and mix in the **garlic** and half the **parsley**. **★ TIP:** Use less garlic if you're not a fan. Put the **panko breadcrumbs** in another bowl with the remaining **parsley**, the **olive oil** (amount specified in the ingredient list) and a pinch of **salt**.



2 PREP THE VEGGIES

Remove the top and bottom from the **carrot** (no need to peel) and **courgette**. Chop both into batons the size of your index finger. Pop on another lined baking tray, drizzle over some **oil** and season with **salt**, **black pepper** and the remaining **dried thyme**. Toss to coat, then roast on the middle shelf of your oven until soft, 20 mins. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **flat leaf parsley** (stalks and all).



5 FINISH THE CHICKEN

When the **potatoes**, **chicken** and **veggies** are ready, remove from the oven and switch your grill to medium-high. Put the **carrots** and **courgettes** together with the **potatoes** and cover with foil to keep warm. Transfer the **chicken** to the empty tray and cool for 3 mins. Spoon the **crème fraîche mixture** on each **chicken breast** then cover with the **breadcrumbs**. Grill until golden, 2-3 mins. **★ TIP:** Be careful - the crumbs burn easily!



3 COOK THE CHICKEN

Put a splash of **oil** in a frying pan over medium-high heat. Season the **chicken** with **salt** and **black pepper**. Brown for 2-3 mins on each side then remove from the pan. When the **potatoes** have had 15 mins cooking time, shake the tray to turn them and pop the **chicken** on top. Roast together for the remaining 15 mins cooking time. **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



6 SERVE

Share the **veggies** between your plates and sit a **garlicky chicken breast** alongside. Serve any remaining **crème fraîche** as a **dipping sauce**. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, halved	1 pack
Dried Thyme	½ tbsp
Chicken Breast, butterflied	2
Carrot, chopped	2
Courgette, chopped	1
Garlic Clove, grated	½
Flat Leaf Parsley, chopped	½ bunch
Crème Fraîche ⁷⁾	1 small pot
Panko Breadcrumbs ¹⁾	15g
Olive Oil*	1 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	607	93
(kJ)	2554	392
Fat (g)	27	4
Sat. Fat (g)	13	2
Carbohydrate (g)	48	7
Sugars (g)	16	2
Protein (g)	47	7
Salt (g)	0.35	0.05

ALLERGENS

¹⁾Gluten ⁷⁾Milk

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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