



Herby Chicken

with Red Onion Mash and Garlicky Beans

Classic 40-45 Minutes • 1 of your 5 a day

1



Potatoes



Red Onion



Green Beans



Garlic Clove



Flat Leaf Parsley



Panko Breadcrumbs



Italian Style Herbs



Chicken Breast



Mayonnaise



Balsamic Vinegar



Bacon Lardons

Pantry Items

Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, bowl, baking tray, frying pan, colander, potato masher, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	2	2
Green Beans**	150g	200g	300g
Garlic Clove**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13	10g	25g	25g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Chicken Breast**	2	3	4
Mayonnaise 8 9	1 sachet	1 sachet	2 sachets
Balsamic Vinegar 14	½ sachet	¾ sachet	1 sachet
Water for the Sauce*	75ml	100ml	150ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	2218/530	401/96
Fat (g)	16	3
Sat. Fat (g)	2	0
Carbohydrate (g)	53	10
Sugars (g)	7	1
Protein (g)	46	8
Salt (g)	0.46	0.08
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	598g	100g
Energy (kJ/kcal)	2706/647	452/108
Fat (g)	25	4
Sat. Fat (g)	5	1
Carbohydrate (g)	54	9
Sugars (g)	7	1
Protein (g)	54	8
Salt (g)	1.68	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Put a large saucepan of **water** on to boil with ½ **tsp salt**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve, peel and thinly slice the **red onion**. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Mash Time

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir through the **cooked onion**. Cover with a lid to keep warm.



Make the Crumb

Meanwhile, roughly chop the **parsley** (stalks and all). Put **half** the **parsley** in a small bowl and mix with the **panko breadcrumbs**, **Italian style herbs**, **olive oil for the crumb** (see ingredients for amount) and season with **salt**. Pop the **chicken breasts** onto a baking tray and season with **salt** and **pepper**. Using the back of a spoon, spread the **mayo** over the top half of each **breast** and then sprinkle over the **crumb mixture**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Fry the Beans

Return your frying pan to medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then stir through the **balsamic vinegar** and **olive oil for the dressing** (see ingredients for amount) and remove from the heat.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your recipe, add them to the pan before the **green beans**. Fry until golden, 3-4 mins, then add the beans and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Cook the Chicken

Once the oven is hot, roast the **chicken** on the top shelf until cooked through and golden on top, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **onion** and cook until softened, 8-10 mins, stirring occasionally. Transfer the **onion** to a small bowl and set the pan aside.



Finish and Serve

Reheat the **onion mash** if necessary, then share between your plates. Serve the **herby crumbed chicken** and **garlicky green beans** alongside, drizzling over any **balsamic dressing** from the pan. Finish with a sprinkling of the remaining **parsley**.

Enjoy!