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Walnut & Rosemary Crusted Chicken with Crispy Potatoes and Salad

Misplacing your house keys. Losing the TV remote. Forgetting where you parked your car. Life is full of memory-related frustrations, but luckily help is at hand. The key flavour to this tasty little dish is rosemary, which researchers have found improves memory! Apparently, the merest whiff of the stuff not only increases alertness but also the ability to do mental arithmetic too. Perfect for locating lost lottery tickets* or for children who 'forget' to do their maths homework!

 30 mins

 lactose free



Potato (1 pack)



Rosemary (2 sprigs)



Walnuts (25g)



Chicken Breast (2)



Panko Breadcrumbs (3 tbsp)




Balsamic Vinegar (1 tbsp)



Lambs Lettuce and Bulls Blood (1 bag)

2 PEOPLE INGREDIENTS

- Potato, chopped **1 pack**
- Rosemary, chopped **2 sprigs**
- Walnuts, chopped **25g**
- Chicken Breast **2**
- Panko Breadcrumbs **3 tbsp**
- Balsamic Vinegar **1 tbsp**
- Lambs Lettuce and Bulls Blood **1 bag**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The oil extracted from walnut kernels is often used as a carrier oil in medicine and aromatherapy.

Allergens: Nut, Gluten, Sulphites.

Nutritional Value per total cooked weight per person

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	503 kcal / 2120 kJ	19 g	2 g	50 g	4 g	35 g	0 g

2



1 Pre-heat your oven to 200 degrees.

2 Without peeling, chop the **potatoes** into 2cm cubes. Finely chop the **rosemary** leaves and the **walnuts**.

3 Toss the **potatoes** in a good splash of **olive oil**, half of the **rosemary** and a good grind of **salt** and **pepper**. Place on a baking tray and bake in the oven for 25-30 mins until crunchy and delicious.

3



4 Place your hand flat on top of each **chicken breast** and slice through the middle so it opens like a book. **Tip:** *This is called 'butterflying' and speeds up the cooking time.* Coat each **chicken breast** in 1 tsp of **olive oil**.

5 Combine the **panko breadcrumbs**, **walnuts**, remaining **rosemary** and a good pinch of **salt** and **pepper** in a shallow dish. Spoon the herby mixture on top of each **chicken breast** and push it onto the meat.

4



6 Put the **chicken** in your oven and bake for 15-20 mins until the **chicken** is cooked through (i.e. it is no longer pink in the middle) and the **breadcrumbs** have become golden-brown and crispy. **Tip:** *Once cooked, turn your grill to medium-high and grill the top for a further minute to make it extra crunchy.*

7 Drizzle the **balsamic vinegar** and a bit of **olive oil** over the **salad leaves** and gently toss. Serve your **chicken** with your crispy **potatoes** and **salad leaves** on the side.

5



8 *If your ticket was a Euromillions winner, don't forget the people who helped you find it!

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