



Easy Herby Crusted Chicken & Roast Potatoes

with Green Bean Salad & Mustard Mayo

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Herb Crumbing Mix



Chicken Breast



Garlic Sauce



Green Beans



Mixed Salad Leaves



Mustard Mayo



Beef Rump

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

This dish gets a tick from every department. Its got herby chicken breast, crispy roast potatoes and a green bean salad. We've also added mustard mayo for a little bit of flair!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
herb crumbing mix	1 medium packet	1 large packet
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic sauce	1 medium packet	2 medium packets
green beans	1 small bag	1 medium bag
mixed salad leaves	1 medium bag	2 medium bags
balsamic vinegar*	drizzle	drizzle
mustard mayo	1 medium packet	2 medium packets
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2631kJ (629Cal)	497kJ (119Cal)
Protein (g)	44.8g	8.5g
Fat, total (g)	28.4g	5.4g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	47.1g	8.9g
- sugars (g)	10g	1.9g
Sodium (mg)	721mg	136mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2554kJ (610Cal)	497kJ (119Cal)
Protein (g)	41.4g	8.1g
Fat, total (g)	27.9g	5.4g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	47.1g	9.2g
- sugars (g)	10g	1.9g
Sodium (mg)	712mg	138mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray, drizzle with **olive oil**, sprinkle with a pinch of **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Meanwhile, in a medium bowl, combine **herb crumbing mix**, a generous drizzle of oil and a pinch of **salt** and **pepper**.

TIP: If your oven tray is crowded, divide the potato between two trays.

3



Cook the green beans

- Meanwhile, boil the kettle.
- Trim and roughly chop **green beans**.
- Place **beans** in a medium heatproof bowl and cover with boiling water. Immediately cover with plate or foil and leave for **5 minutes**.
- Rinse and drain **beans**. Return **beans** to the bowl and allow to cool slightly.

2



Bake the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- Add **chicken** to a second lined oven tray and season with **salt** and **pepper**.
- Spread **garlic sauce** over top of chicken. Spoon over **crumb mixture**, gently pressing so it sticks. Drizzle over **olive oil**.
- Bake until cooked through (when no longer pink inside) and crumb is golden, **14-16 minutes**.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet until slightly flattened. Crumb beef as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes or until cooked to your liking. Transfer to a plate to rest.

4



Toss the salad & serve up

- When beans have cooled slightly, add **mixed salad leaves** and a drizzle of **olive oil** and **balsamic vinegar**. Season to taste.
- Divide herby crusted chicken and roasted potatoes between plates.
- Serve with green bean salad and **mustard mayo**. Enjoy!

Rate your recipe

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