



Seared Lemon Chicken & Creamy Caper Dill Sauce with Roast Veggies & Prosciutto

GOURMET

NEW

Grab your Meal Kit
with this symbol



Sweet Potato



Zucchini



Red Onion



Asparagus



Prosciutto



Garlic



Lemon



Dill



Capers



Chicken Breast



Italian Herbs



Light Cooking
Cream

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Anyone can whip up this gourmet feast even if you're a beginner chef. When you've got seared chicken, our very own caper-dill sauce and prosciutto roast veggies, you'll be a professional chef in no time.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
red onion	1	2
asparagus	1 bunch	2 bunches
prosciutto	1 packet	2 packets
garlic	3 cloves	6 cloves
lemon	1	2
dill	1 bunch	1 bunch
capers	1 packet	2 packets
chicken breast	1 small packet	2 small packets OR 1 large packet
Italian herbs	1 medium sachet	1 large sachet
butter*	20g	40g
light cooking cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3188kJ (762Cal)	369kJ (88Cal)
Protein (g)	62g	7.2g
Fat, total (g)	37.4g	4.3g
- saturated (g)	17.6g	2g
Carbohydrate (g)	42.6g	4.9g
- sugars (g)	23.9g	2.8g
Sodium (mg)	1671mg	193mg

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.

Fancy a drop?

We recommend pairing this meal with Chardonnay or Pinot Grigio

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** and **zucchini** into bite-sized chunks. Cut **red onion** into wedges.
- Place **veggies** on a lined oven tray, drizzle with **olive oil** and toss to coat. Roast until slightly tender, **20 minutes**.
- Trim the woody ends (about 3cm) off the **asparagus**. Roughly chop **prosciutto**.
- Remove the tray from the oven and add **asparagus, prosciutto** and a drizzle of **olive oil**. Toss to combine, return to the oven and roast until tender, **5-10 minutes**.

TIP: If the veggies don't fit in a single layer, spread the veggies across two trays!

4

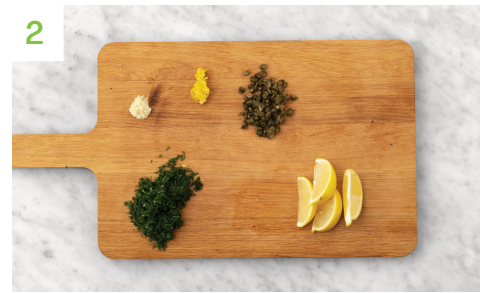


Cook the chicken

- Heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Add **chicken** steaks and cook until cooked through, **3-6 minutes** each side (depending on thickness). Transfer to a plate to rest and cover to keep warm.

TIP: The chicken is cooked when it is no longer pink inside.

2



Get prepped

- While the veggies are roasting, finely chop **garlic**.
- Zest **lemon** (to get a generous pinch) and cut into wedges.
- Roughly chop **dill** and **capers**.

3



Flavour the chicken

- Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.
- In a medium bowl, combine **lemon zest**, a squeeze of **lemon juice**, half of the **garlic**, **Italian herbs**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add the **chicken** steaks, turning to coat.

5



Make the cream sauce

- Wipe out and return frying pan to medium-high heat with the **butter**. Add remaining **garlic** and cook, stirring, until fragrant, **1 minute**.
- Add **light cooking cream, capers** and **dill**, stirring to combine. Simmer until slightly thickened, **1-2 minutes**. Season to taste.

6



Serve up

- Slice the chicken.
- Divide the roast veggies and prosciutto between plates. Top with the seared lemon chicken.
- Spoon over the creamy caper dill sauce. Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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