

Brown Butter Chicken & White Bean Purée

with Garlic Greens

SKILL UP

Grab your meal kit with this number

42



Garlic



Brown Onion



Lemon



Zucchini



Green Beans



Cannellini Beans



Chicken Breast



Savoury Seasoning



Barramundi



Chicken Breast

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

Carb Smart

Eat Me Early

Protein Rich

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Our easy, breezy brown butter sauce is taken to new heights when spiked with some lemon and when paired with a blitzed white bean purée, you have a guaranteed aromatic delight served up for dinner.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan · Medium saucepan · Food processor or stick blender

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
brown onion	½	1
lemon	1	2
zucchini	1	2
green beans	1 medium packet	2 medium packets
cannellini beans	1 packet	2 packets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
butter* (for the mash)	20g	40g
salt*	¼ tsp	½ tsp
water*	¼ cup	½ cup
butter* (for the sauce)	30g	60g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2698kJ (645cal)	181kJ (43cal)
Protein (g)	53.7g	3.6g
Fat, total (g)	29.7g	2g
- saturated (g)	15.4g	1g
Carbohydrate (g)	32.8g	2.2g
- sugars (g)	10.4g	0.7g
Sodium (mg)	1228mg	82.5mg
Dietary Fibre (g)	20.5g	1.4g

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.



Get prepped

- Finely chop **garlic** and **brown onion** (**see ingredients**).
- Zest **lemon** then slice into wedges.
- Thinly slice **zucchini** into sticks.
- Trim **green beans**.
- Drain and rinse **cannellini beans**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **savoury seasoning** and a drizzle of **olive oil**.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken steaks** until starting to brown, **2-3 minutes** each side.

TIP: Cook chicken in batches if your pan is getting crowded.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **green beans** and **zucchini**, tossing regularly, until tender, **4-5 minutes**.
- Add half of the **garlic** and cook until fragrant, **1 minute**. Season.
- Transfer to a bowl and cover to keep warm.



Make the brown butter sauce

- Reduce heat to medium then add the **butter (for the sauce)** and cook for **2-3 minutes** or until beginning to brown and chicken is cooked through (when no longer pink inside).
- Remove pan from heat, then add **lemon zest** and a squeeze of **lemon juice**. Season with **salt** and **pepper** and turn **chicken** to coat.

TIP: Be careful, the lemon juice might spatter!



Make the white bean purée

- While the veggies are cooking, in a medium saucepan, heat the **butter (for the mash)** and a drizzle of **olive oil** over medium-high heat.
- Cook **onion** and **cannellini beans**, stirring, until tender, **3-5 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1 minute**
- Transfer **bean mixture** to a food processor, then add the **salt** and **water**, and blitz until smooth. Season with **pepper**.

TIP: If you don't have a food processor, use a stick blender or mash the bean mixture with a fork!



Serve up

- Divide white bean purée between plates.
- Top with garlic greens and chicken.
- Spoon over brown butter 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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CUSTOM OPTIONS



SWAP TO BARRAMUNDI

Heat pan as above, cook, skin-side down first until just cooked through, 5-6 minutes each side.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

