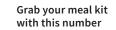


Brown Butter Chicken & White Bean Purée

with Garlic Greens

SKILL UP











Lemon







Green Beans



Chicken Breast



Cannellini Beans

Savoury Seasoning





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

Eat Me Early





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 \cdot Medium saucepan \cdot 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	1/2	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*	1/4 tsp	½ tsp
water*	1/4 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 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 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!



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.



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!

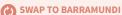


Serve up

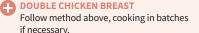
- Divide white bean purée between plates.
- · Top with garlic greens and chicken.
- · Spoon over brown butter sauce.
- Serve with any remaining lemon wedges. Enjoy!







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



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

