



LEMON & CAPER CHICKEN

with Baked Ciabatta



Master crispy capers



Lemon



Carrot



Zucchini



Green Beans



Garlic



Parsley



Rustic Ciabatta Loaf



Free Range Chicken Thighs



Chicken Stock



Capers

Pantry Staples



Olive Oil



Plain Flour



White Wine Vinegar



Boiling Water

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

We love this lemon and caper chicken – it's so Italian, but avoids all tomatoey clichés. Frying the capers is our favourite little trick here. It completely transforms them!

BEFORE YOU — START

You will need: **chef's knife, chopping board, garlic crusher, two oven trays lined with baking paper, small bowl, large frying pan, tongs, wooden spoon and small frying pan.** Let's start cooking the **Lemon & Caper Chicken with Baked Ciabatta**



1 PREPARE THE VEGGIES

Preheat the oven to **200°C/180°C fan-forced**. Peel and crush the **garlic**. Finely slice the **carrot** and **zucchini**. Trim the **green beans** and cut in half. Finely slice the **lemon** into 0.5cm thick slices. Finely chop the **parsley** leaves.



2 BAKE THE CIABATTA

Slice the **rustic ciabatta loaf** into 1 cm thick slices at an angle. Arrange on one of the prepared oven trays. Combine **2 tbs** of the **olive oil** with **1/2** the **garlic** in a small bowl and season with **salt** and **pepper**. Drizzle the garlic oil over the bread and bake for **8 minutes**, or until golden and crunchy.



3 COOK THE CHICKEN

Meanwhile, coat the **free-range chicken thigh** in the **plain flour** and season with **salt** and **pepper**. Heat **1 tbs** of the **olive oil** in a large frying pan over a medium-high heat. Add the chicken thigh and cook for **2 minutes** on each side, or until golden. Transfer to a second prepared oven tray and bake for **8-10 minutes** or until cooked through.



4 COOK THE VEGGIES

While the chicken is in the oven, heat **1 tbs** of the **olive oil** in the same large frying pan over a medium-high heat. Add the **carrot, zucchini** and **green beans** and cook for **5 minutes**, or until softened. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. Add the **white wine vinegar** and cook for **1 minute**, or until all the liquid has evaporated. Add the **lemon** slices and stir to coat. Pour over the **boiling water** and crumble in the **chicken stock** cube. Bring to the boil, then reduce the heat to low and simmer for **3 minutes**, until the sauce reduces slightly.



5 FRY THE CAPERS

Meanwhile, heat **1 tbs** of the **olive oil** in a small frying pan over a medium-high heat. Add the capers and cook for **3-4 minutes**, or until crispy.

Frying capers in oil turns them into crispy and salty bursts of joy!



6 SERVE UP

Divide the vegetables between bowls and top with the chicken, lemon sauce and baked ciabatta. Use the ciabatta to mop up the sauce. Sprinkle the capers and parsley over the adult's portions.

ENJOY!

4-5 PEOPLE — INGREDIENTS

	4-5P
garlic	2 cloves
carrot	2
zucchini	1
green beans	½ bag
lemon	1
parsley	½ bunch
rustic ciabatta loaf	1
olive oil*	5 tbs
free range chicken thighs	1 packet
plain flour*	2 tbs
white wine vinegar*	2 tsp
boiling water*	1 cup
chicken stock	1 cube
capers	1 tub (25g)

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2450kJ (586Cal)	495kJ (118Cal)
Protein (g)	41.5g	8.4g
Fat, total (g)	32.6g	6.6g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	26.9g	5.4g
- sugars (g)	6.1g	1.2g
Sodium (mg)	532mg	108mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

hello@hellofresh.com.au

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