

PISTACHIO CRUSTED CHICKEN

with Asparagus Salad







Bend and break your asparagus to break off the woody ends











Pistachio & Peanut Mix





Panko Breadcrumbs

Free Range Chicken Breast



Baby Spinach Leaves

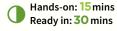
Pantry Staples





Olive Oil

Balsamic Vinegar





At first glance this dish might seem ordinary, but it's anything but. The pistachio & peanut crumb is really something and asparagus is one of our favourite veggies to feature this time of the year, both fresh and nutty in equal measure.

BEFORE YOU = START

You will need: kettle, chef's knife, chopping board, plastic bag or tea towel, rolling pin, two large bowls, paper towel, oven tray lined with baking paper, tongs, medium bowl and sieve. Let's start cooking the Pistachio Crusted Chicken with **Asparagus Salad**



GET PREPPED Preheat the oven to 200°C/180°C fanforced. Bring a 1/2 filled kettle of water to the boil. Trim the woody ends of the **asparagus** (or gently bend the end of each spear until it snaps naturally, then discard woody ends). Slice the spears in **1/2** crossways. Peel the **cucumber** into ribbons. Finely slice the red onion.



PREPARE THE CHICKEN CRUST Place the pistachio & peanut mix in a plastic bag (or wrap in the centre of a tea towel) and bash using a rolling pin until the nuts resemble fine breadcrumbs. Transfer the pistachio & peanut mix and panko breadcrumbs to a large bowl. Season with salt and pepper and stir to combine.



COOK THE CHICKEN Pat the **chicken breast** dry with paper towel and drizzle with a 1/4 of the olive oil. Coat the **chicken** in the nut mixture, pressing firmly so it sticks. Lay the crusted **chicken** on the prepared oven tray. Top each fillet with any remaining crust. Spray or drizzle with a 1/4 of the olive oil (this will give it a nice golden crust). Cook in the oven for 15-20 minutes, turning halfway, or until cooked through and golden on top. Thickly slice.



COOK THE ASPARAGUS Meanwhile, place the asparagus in a medium bowl. Pour over the boiling water. Set aside for **2-3 minutes**, or until the asparagus is bright green and just tender. Drain and run under cold water to stop the cooking process.



TOSS THE SALAD TOGETHER In a second large bowl, combine the remaining olive oil and the balsamic vinegar and season with salt and pepper. Add the asparagus, cucumber ribbons, red onion and baby spinach leaves and toss to combine.



SERVE UP Divide the asparagus salad and pistachio crusted chicken between plates.

ENJOY!

INGREDIENTS

	2P	4P
asparagus	1 bunch	2 bunches
cucumber	1	2
red onion ①	1/4	1/2
pistachio & peanut mix	1 packet (3 tbs)	2 packets (6 tbs)
panko breadcrumbs	½ packet (½ cup)	1 packet (1 cup)
free range chicken breast	1 packet	2 packets
olive oil*	2 tbs	4 tbs
balsamic vinegar*	3 tsp	6 tsp
baby spinach leaves	1 bag	2 bags

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2140kJ (510Cal)	531kJ (127Cal)
Protein (g)	46.4g	11.5g
Fat, total (g)	27.2g	6.8g
- saturated (g)	5.3g	1.3g
Carbohydrate (g)	17.5g	4.3g
- sugars (g)	5.5g	1.4g
Sodium (g)	173mg	43mg

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