



# PISTACHIO CRUSTED CHICKEN

with Asparagus Salad



*Bend and break your asparagus to break off the woody ends*



Asparagus



Cucumber



Red Onion



Pistachio & Peanut Mix



Panko Breadcrumbs



Free Range Chicken Breast



Baby Spinach Leaves

### Pantry Staples



Olive Oil



Balsamic Vinegar

Hands-on: **15 mins**  
Ready in: **30 mins**

Eat Me Early

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**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. 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**.



### 2 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.



### 3 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.



### 4 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.



### 5 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.



### 6 SERVE UP

Divide the asparagus salad and pistachio crusted chicken between plates.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
asparagus	1 bunch	2 bunches
cucumber	1	2
red onion <b>✦</b>	1/4	1/2
pistachio & peanut mix	1 packet (3 tbs)	2 packets (6 tbs)
panko breadcrumbs	1/2 packet (1/2 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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