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Pistachio Crumbed Chicken with Asparagus Salad

At first glance this dish might seem ordinary, but it's anything but. The pistachio 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.



Prep: 20 mins

Cook: 25 mins

Total: 45 mins



level 1



eat me first

Pantry Items



Olive Oil



Balsamic Vinegar



Pistachio & Peanut Mix



Panko Breadcrumbs



Free Range Chicken Breast



Asparagus



Cucumber



Red Onion



Baby Spinach Leaves

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2P	4P	Ingredients
1 packet	2 packets	pistachio & peanut mix
½ packet	1 packet	panko breadcrumbs
2 fillets	4 fillets	free range chicken breast, patted dry
1 tbs	4 tbs	olive oil *
1 bunch	2 bunches	asparagus, ends trimmed & sliced on the diagonal
1	2	cucumber, peeled into ribbons
½ bag	1 bag	baby spinach leaves, washed
¼	½	red onion, finely sliced
3 tsp	6 tsp	balsamic vinegar *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2140	Kj
Protein	46.4	g
Fat, total	27.2	g
-saturated	5.3	g
Carbohydrate	17.5	g
-sugars	5.5	g
Sodium	173	mg



You will need: *chef's knife, chopping board, plastic bag or tea towel, rolling pin, two large bowls, oven tray lined with baking paper, tongs, small bowl, sieve and small jug or bowl.*

1 Preheat the oven to **200°C/180°C** fan-forced. Bring a half filled kettle of water to the boil.

2 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 nuts and **panko breadcrumbs** to a large bowl. Season with **salt** and **pepper** and stir to combine.

Tip: you can do this in a small food processor if you prefer.

3 Drizzle the **chicken breast** with a dash of **olive oil**. Coat the chicken in the nut mixture, pressing firmly so it sticks. Lay the crumbed chicken breast on the prepared oven tray. Top each fillet with any remaining crumb. Drizzle or spray with 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. Once cooked remove from the oven and slice the chicken into pieces.

4 Meanwhile, place the **asparagus** pieces in a small bowl. Pour over the boiling water. Set aside for **5 minutes** to blanch and then drain.

5 To make the salad, combine the **cucumber** ribbons, **baby spinach leaves**, **red onion** and asparagus in a second large bowl. In a small jug or bowl combine the remaining olive oil, the **balsamic vinegar** and a good seasoning of salt and pepper. Pour over the salad and toss to combine.

6 To serve, divide the dressed salad and pistachio chicken between plates. Enjoy!