



# Lemon Chicken & Chorizo Crumb

with Asparagus & Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Eschalot



Garlic



Lemon



Chicken Breast



Asparagus



Broccolini



Mild Chorizo



Parsley



Panko Breadcrumbs



Chargrilled Capsicum Relish



Goat Cheese

Hands-on: **30-40 mins**  
 Ready in: **40-50 mins**

Eat me early

Inspired by simple yet stunning Spanish cooking, this dish is pure elegance. Tender chicken is showered with a crunchy topping peppered with chorizo, while asparagus, broccolini and potato bask in a bed of chargrilled capsicum relish.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper ·  
Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
eschalot	1	2
garlic	1 clove	2 cloves
lemon	1	2
chicken breast	1 packet	1 packet
asparagus	1 bunch	2 bunches
brocolini	1 bunch	2 bunches
mild chorizo	1 packet	2 packets
parsley	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
chargrilled capsicum relish	1 tub (50g)	1 tub (100g)
goat cheese	½ packet (40g)	1 packet (80g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	477kJ (114Cal)
Protein (g)	66.4g	10.2g
Fat, total (g)	32.5g	5.0g
- saturated (g)	12.4g	1.9g
Carbohydrate (g)	43.0g	6.6g
- sugars (g)	8.7g	1.3g
Sodium (g)	1400mg	216mg

## Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

## Fancy a Drop?

We recommend pairing this meal with Riesling or Pinot Grigio.



## 1. Roast the veggies

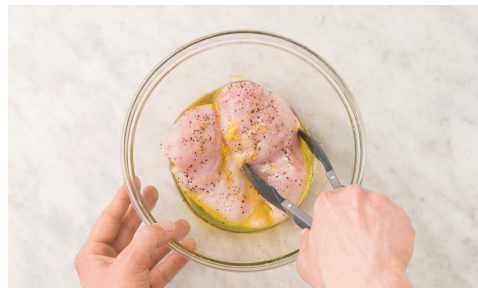
Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Peel and quarter the **eschalot**. Finely chop the **garlic** (or use a garlic press). Place the **potato** on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and bake for **10 minutes**. Remove the tray and add the **eschalot** and **1/2 the garlic**. **Drizzle** with a little more **olive oil** and toss to coat. Roast until tender, **12-15 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Cook the veggies

While the chicken is cooking, trim the ends of the **asparagus**. Trim the **brocolini** and halve lengthways. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **asparagus** and **brocolini** and then a dash of water. Cook, tossing often, until just tender, **4-6 minutes**. Season to taste with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



## 2. Flavour the chicken

While the potato is roasting, zest the **lemon** to get **1/2 tsp for 2 people / 1 tsp for 4 people**, then slice into wedges. In a medium bowl, combine the **chicken breast**, **lemon zest**, **remaining garlic** and a **good squeeze** of **lemon juice**. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat.



## 3. Cook the chicken

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **chicken** and cook until browned, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes**. Transfer the **chicken** to a plate and cover to keep warm.



## 5. Make the chorizo crumb

Make a light incision down the entire length of the **chorizo** and remove the skin from the **chorizo** meat. Pick and finely chop the **parsley** leaves. Return the frying pan to a medium-high heat. Break the **chorizo** up with your hands as finely as possible directly into the pan. Cook, breaking up further with a spoon, until browned, **4-5 minutes**. Add the **panko breadcrumbs** (see ingredients list) and cook, stirring, until golden, **2-3 minutes**. Remove the pan from the heat and stir through the **parsley**. Season to taste with **salt** and **pepper**.



## 6. Serve up

Thinly slice the chicken. Spread a layer of the **chargrilled capsicum relish** over the plates. Divide the roasted veggies and greens between the plates and top with the lemon chicken. Sprinkle with the chorizo crumb and top with the **goat cheese** (see ingredients list). Serve with any remaining lemon wedges.

**Enjoy!**