

Walnut & Rosemary Crumbed Chicken

with Golden Sweet Potatoes & Chargrilled Capsicum Relish





Pan-fry sweet potato for a fast and flavourful cook

















Panko Breadcrumbs



Free-Range Chicken



Mixed Salad Leaves



Chargrilled Capsicum

Pantry Staples: Olive Oil, Honey, White Wine Vinegar



Hands-on: 25 mins Ready in: 45 mins



Eat Me Early

What's not to like about crumbed chicken breast? It's a great way to introduce texture and keep the chicken moist while it cooks. This walnut and rosemary crumb adds some amazing flavour, too!

START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **plastic bag**, **pan** or **small food processor** or **mortar and pestle**, **medium bowl**, **medium frying pan** with a **lid**, **tongs**, **oven tray** lined with **baking paper**, **large bowl** and a **spoon**.



Preheat the oven to 200°C/180°C fanforced. Pick the rosemary leaves and finely chop. Slice the red onion into 1 cm thick wedges. Chop the sweet potato (unpeeled) into 1 cm cubes.



2 CRUMB THE CHICKEN
Place the walnuts in a plastic bag and use a pan to crush into a fine crumb. *TIP: You can also use a small food processor or mortar and pestle. Transfer the nuts to a medium bowl and add the rosemary, panko breadcrumbs and a pinch of salt and pepper. Drizzle the free-range chicken breast with olive oil and press over the walnut-rosemary crumb.
*TIP: Coat the chicken evenly for a crisp outer finish.

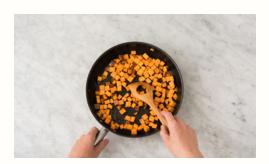


The chicken Heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Cook the chicken for 2 minutes on each side, or until golden. Transfer to the oven tray lined with baking paper, add the red onion, a drizzle of olive oil and a pinch of salt and pepper. Toss to coat and place in the oven to cook for 15-20 minutes, turning the chicken halfway, until cooked through. TIP: The chicken is cooked when it's no longer pink inside.



SERVE UP
Slice the chicken into 1 cm thick slices.
Divide the walnut and rosemary crumbed chicken, the cooked onion, the sweet potato and the dressed salad between plates. Serve with the chargrilled capsicum relish on the side.





PAN-FRY THE SWEET POTATO

While the chicken is cooking, return the frying pan to a medium heat and add enough olive oil to lightly coat the base of the pan.

Add the sweet potato and toss to coat in the oil. Cook, covered with a lid, for 5 minutes.

Remove the lid, stir and continue to cook for 5-7 minutes, or until tender. Season to taste with a generous pinch of salt and pepper.

▼ TIP: Placing the lid on the frying pan allows the steam to cook the sweet potato quicker.

Don't lift the lid as this will slow down the cooking process.



In a large bowl, add a good drizzle of olive oil, the honey, white wine vinegar and a pinch of salt and pepper. Mix to combine, then add the mixed salad leaves to the bowl and toss to coat. *TIP: Dress the salad just before serving to avoid soggy leaves.

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
rosemary	1 bunch	1 bunch
red onion	1	2
sweet potato	400 g	800 g
walnuts	1 packet (¼ cup)	2 packets (½ cup)
panko breadcrumbs	¾ packet (⅓ cup)	1 ⅓ packet (1 ⅓ cup)
free-range chicken breast	1 packet	1 packet
honey*	1 tsp	2 tsp
white wine vinegar*	2 tsp	1 tbs
mixed salad leaves	1 bag	1 bag
chargrilled capsicum relish	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3320kJ (794Cal)	563kJ (135Cal)
Protein (g)	47.7g	8.1g
Fat, total (g)	42.2g	7.2g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	54.2g	9.2g
- sugars (g)	19.6g	3.3g
Sodium (g)	275mg	47mg

→ JOIN OUR PHOTO CONTEST!





#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
Hello@HelloFresh.com.au

2017 | WK43

