



# Walnut & Rosemary Crumbed Chicken

with Golden Sweet Potatoes & Chargrilled Capsicum Relish



Pan-fry sweet potato for a fast and flavourful cook



Sweet Potato



Walnuts



Red Onion



Rosemary



Panko Breadcrumbs



Free-Range Chicken Breast



Mixed Salad Leaves



Chargrilled Capsicum Relish

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!

## BEFORE YOU 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**.



### 1 GET PREPPED

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



### 3 COOK 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.



### 4 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.



### 5 TOSS THE SALAD

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.



### 6 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.

## Enjoy!

## 2 | 4 PEOPLE 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	½ packet (⅔ cup)	1 ½ packet (1 ½ 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

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2017 | WK43

