

Walnut & Rosemary Crusted Chicken

with Roast Potato & Avocado Salad

Grab your Meal Kit with this symbol



Potato



Red Onion



Rosemary



Garlic



Walnuts



Chilli Flakes (Optional)



Panko Breadcrumbs



Chicken Breast



Avocado



Mixed Salad Leaves



Garlic Aioli

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

Spicy (optional chilli flakes)

Eat Me Early

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

Pantry items

Olive Oil, Plain Flour, Egg, Balsamic Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
red onion	1	2
rosemary	2 sticks	4 sticks
garlic	1 clove	2 cloves
walnuts	1 medium packet	1 large packet
chilli flakes	pinch	pinch
panko breadcrumbs	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
chicken breast	1 small packet	1 large packet
avocado	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4662kJ (1114Cal)	626kJ (150Cal)
Protein (g)	55.1g	7.4g
Fat, total (g)	70g	9.4g
- saturated (g)	7.8g	1g
Carbohydrate (g)	59.7g	8g
- sugars (g)	10.5g	8g
Sodium (mg)	1273mg	171mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **200°C/180°C fan-forced**. Cut the **potato** into bite-sized chunks. Slice the **red onion** into thick wedges. Place the **potato** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the crumbed **chicken breast**, in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan.



Prep the crumb

While the potato is roasting, pick the **rosemary** leaves and finely chop. Finely chop the **garlic**. Using a rolling pin or the base of a saucepan, crush the **walnuts** in their packet (or finely chop if you prefer!). In a shallow bowl, combine the **plain flour** and the **salt**. Season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **panko breadcrumbs**, **walnuts**, **rosemary**, **garlic** and a pinch of **chilli flakes** (if using).



Toss the salad

While the chicken is cooking, roughly chop the **avocado**. In a large bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Add the **avocado** and **mixed salad leaves** and toss to coat. Season to taste.



Coat the chicken

Pound the chicken with a meat mallet or rolling pin until it is an even thickness, about 1cm thick. Dip the **chicken breast** into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



Serve up

Slice the walnut and rosemary crusted chicken. Divide the chicken, roasted potato and onion and dressed avocado salad between plates. Serve with the **garlic aioli**.

Enjoy!