



Chicken Paillard & Garlic Twice-Cooked Potatoes

with Roasted Baby Carrots & Parsnip

SKILL UP

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Baby Rainbow Carrots



Parsnip



Lemon



Chicken-Style Stock Powder



Chicken Breast



Garlic & Herb Seasoning



Parsley



Chicken Breast

Prep in: 30-40 mins
Ready in: 50-60 mins



Calorie Smart*
*Custom Recipe is not Calorie Smart

Eat Me Early

Time to unleash your inner chef! Let's try our hand at a dish pulled straight from the menu of your favourite French bistro - chicken paillard. The sauce is the star of the show here; butter is gently browned before adding garlic and a squeeze of lemon juice for a simple and delicious pan sauce. We'll offset the tender juiciness of the chicken with twice-cooked potatoes for ultimate crunch and contrast!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
baby rainbow carrots	½ large packet	1 large packet
parsnip	2	4
lemon	½	1
chicken-style stock powder	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	30g	60g
parsley	1 packet	1 packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	391kJ (93Cal)
Protein (g)	47.4g	6.9g
Fat, total (g)	23.3g	3.4g
- saturated (g)	10g	1.5g
Carbohydrate (g)	60.9g	8.9g
- sugars (g)	32.1g	4.7g
Sodium (mg)	1190mg	173mg
Dietary Fibre (g)	12.4g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3452kJ (825Cal)	400kJ (96Cal)
Protein (g)	86.4g	10g
Fat, total (g)	26.6g	3.1g
- saturated (g)	10.9g	1.3g
Carbohydrate (g)	61.9g	7.2g
- sugars (g)	32.3g	3.7g
Sodium (mg)	1325mg	153mg
Dietary fibre	12.4g	1.4g

The quantities provided above are averages only.

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW24



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **potato** into large chunks. Finely chop **garlic**. Trim green tops from **baby rainbow carrots (see ingredients)** and scrub them clean (halve any thick carrots lengthways). Cut **parsnip** into wedges lengthways. Slice **lemon** into wedges.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.



Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and **garlic & herb seasoning**. Dip **chicken** into **flour mixture** to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken steaks** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate.

TIP: *Chicken is cooked through when it's no longer pink inside.*

Custom Recipe: If you've doubled your chicken breast, cook in batches for best results.



Roast the veggies

- Meanwhile, place **baby carrots, parsnip** and **chicken-style stock powder** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.



Bring it all together

- Wipe out and return the frying pan to medium heat with the **butter** and cook until beginning to brown, **1-2 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat and add a squeeze of **lemon juice**. Season to taste.



Roast the potatoes

- Drain the **potatoes** and transfer to a second lined oven tray. Add half the **garlic**, drizzle with **olive oil** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.



Serve up

- Divide chicken paillard, garlic twice-cooked potatoes and roasted baby carrots and parsnip between plates.
- Spoon lemon garlic butter over chicken to serve. Tear over **parsley**. Enjoy!

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