



# Easy Lemon Pepper Chicken

with Sesame Potato Chunks & Crumbly Cheese Salad

Grab your Meal Kit with this symbol



Potato



Sesame Seeds



Lemon



Garlic



Cucumber



Tomato



Chicken Breast



Lemon Pepper Spice Blend



Mixed Salad Leaves



Greek Salad Cheese/ Feta Cheese

Hands-on: 15-25 mins  
Ready in: 30-40 mins

Eat me early

Calorie Smart

This lemon pepper spiced chicken is a simple combination that has been tried-and-tested and never fails to deliver a tender and flavoursome result. Served alongside sesame-roasted potatoes, this dish is sure to be a hit.

### Pantry items

Olive Oil, Honey, 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	3	6
sesame seeds	1 sachet	1 sachet
lemon	½	1
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
tomato	1	2
chicken breast	1 packet	1 packet
lemon pepper spice blend	1 sachet	1 sachet
honey*	1 tbs	2 tbs
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
Greek salad cheese/ feta cheese	½ block (50g)	1 block (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2123kJ (507Cal)	361kJ (86Cal)
Protein (g)	39.8g	6.8g
Fat, total (g)	19.1g	3.2g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	39.7g	6.8g
- sugars (g)	11g	1.9g
Sodium (mg)	352mg	60mg

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

1



## Bake the potato chunks

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place the **potato**, **sesame seeds** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and **pepper**. Toss to coat, then bake until tender, **20-25 minutes**. Meanwhile, zest the **lemon** to get a pinch, then slice into wedges. Finely chop the **garlic**. Thinly slice the **cucumber** into half-moons. Slice the **tomato** into thin wedges.

3



## Toss the salad

In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Add the **cucumber**, **tomato** and **mixed salad leaves**. Season and toss to coat. Set aside. Add a squeeze of **lemon juice** and the **lemon zest** to the sesame **potato** chunks and toss to combine.

**TIP:** Omit the lemon zest from the potato if you're not a fan!

2



## Cook the chicken

Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Add the **lemon pepper spice blend** and **garlic** to the chicken and cook, stirring, until fragrant, **1-2 minutes**. Remove from the heat, then add a squeeze of **lemon juice** and the **honey**. Season and toss until well coated, **30 seconds**.

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

4



## Serve up

Divide the lemon pepper chicken, sesame potato chunks and salad between plates. Crumble the **cheese** (see ingredients) over the salad. Serve with any remaining lemon wedges.

## Enjoy!