

Walnut & Rosemary-Crusted Chicken

with Roasted Veggies & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Red Onion



Rosemary



Cucumber



Garlic



Walnuts



Panko Breadcrumbs



Chicken Breast



Mixed Salad Leaves



Garlic Aioli



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

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!

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

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Red Wine)

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

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
red onion	1 (medium)	1 (large)
rosemary	2 sticks	4 sticks
cucumber	1 (medium)	1 (large)
garlic	1 clove	2 cloves
walnuts	1 packet	2 packets
egg*	1	2
panko breadcrumbs	1 packet	1 packet
salt*	½ tsp	1 tsp
chicken breast	1 packet	1 packet
vinegar* (white wine or red wine)	drizzle	drizzle
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (100g)	2 packets (200g)
plant-based aioli**	1 packet (100g)	2 packets (200g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3625kJ (866Cal)	561kJ (134Cal)
Protein (g)	48.4g	7.5g
Fat, total (g)	47.6g	7.4g
- saturated (g)	6.3g	1g
Carbohydrate (g)	62.5g	9.7g
- sugars (g)	17g	2.6g
Sodium (mg)	1128mg	175mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	523kJ (125Cal)
Protein (g)	48g	7.4g
Fat, total (g)	40.1g	6.2g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	63.6g	9.8g
- sugars (g)	16.9g	2.6g
Sodium (mg)	1090mg	169mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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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. Spread out evenly, then roast until tender, **25-30 minutes**.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **crusted chicken** until golden, **2 minutes** on each side. Transfer to a second lined oven tray and sprinkle the leftover **panko crumb** over the chicken. Bake the **chicken** until cooked through, **8-12 minutes**. Remove from the oven, then set aside to rest.

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



Get prepped

While the veggies are roasting, pick the **rosemary** leaves and finely chop. Thinly slice the **cucumber**. Finely chop the **garlic**. Crush the **walnuts** in their packet using a rolling pin (or finely chop if you prefer!).

TIP: *Run your fingers down the rosemary stalk to remove the leaves easily.*



Toss the salad

While the chicken is resting, combine a drizzle of **vinegar** and **olive oil** in a large bowl. Season, then add the **mixed salad leaves** and **cucumber** and toss to coat.



Coat the chicken

In a shallow bowl, whisk the **egg**. In a second shallow bowl, combine the **rosemary**, **garlic**, **walnuts**, **panko breadcrumbs** and the **salt**, then season with **pepper**. Coat the **chicken breast** first in the **egg**, then the **walnut-panko mixture**, pressing lightly to help the crust stick. Reserve any leftover crumb in the bowl (you'll use it in step 4).



Serve up

Slice the walnut and rosemary-crusted chicken. Divide the chicken, roasted veggies and salad between plates. Sprinkle any remaining toasted crumb over the chicken. Serve with the **garlic aioli**.

CUSTOM RECIPE

If you've swapped your garlic aioli for plant-based aioli, serve as above.

Enjoy!