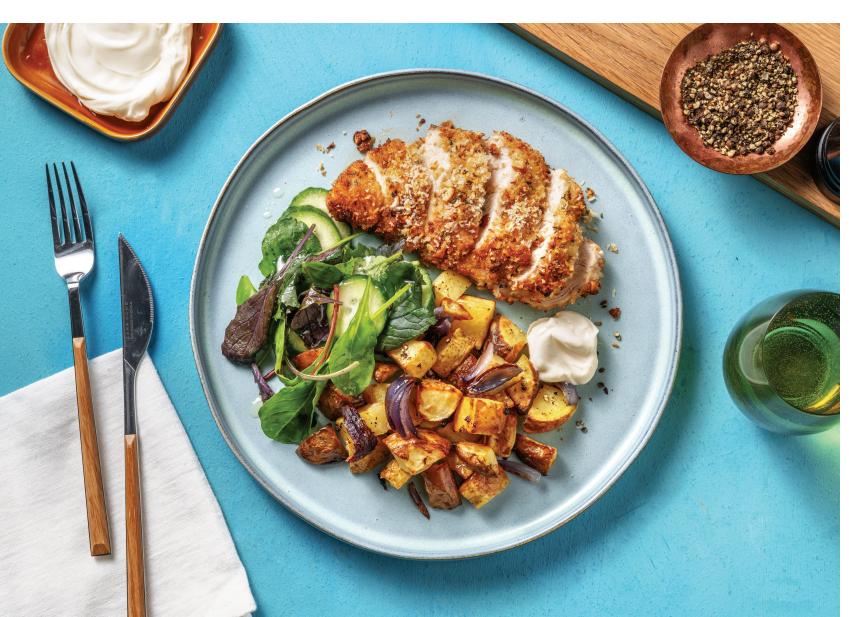


# Walnut & Rosemary-Crusted Chicken with Roasted Veggies & Garlic Aioli

Grab your Meal Kit with this symbol















Rosemary









Walnuts







Panko Breadcrumbs

Chicken Breast







Mixed Salad Leaves

Garlic Aioli

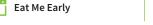


**Pantry items** 

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



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



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!

# 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

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	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)		

<sup>\*</sup>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)	<b>523kJ</b> (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.



# 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.



# 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.



#### 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).



# 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.



# 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.



# 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!

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