



PANKO-CRUSTED CHICKEN & LEMON SAUCE

with Cherry Tomato Almond Salad



Make a lemon sauce



Chicken Breast



Lemon



Cherry Tomatoes



Roasted Almonds



Panko Breadcrumbs



Chicken Stock



Mixed Salad Leaves

Pantry Staples: Olive Oil, Plain Flour, Eggs, Butter, Balsamic Vinegar

Hands-on: **35 mins**
Ready in: **40 mins**

1 Eat me early

There's nothing quite like the golden crust of a good old-fashioned crusted chicken breast to cheer you up – that's just simple science. And as for condiments? We think our lemon sauce might just make for the ultimate finishing touch.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, meat mallet or rolling pin, three shallow bowls, whisk, plate, large frying pan, tongs, plate lined with paper towel, paper towel** and **medium bowl**.



1 GET PREPPED

Pound the **chicken breast** with a meat mallet or rolling pin until 1 cm thick. Slice the **lemon** into wedges. Slice the **cherry tomatoes** in half. Roughly chop the **roasted almonds**.



2 CRUST THE CHICKEN

In the first shallow bowl, combine the **plain flour, salt (see ingredients list)** and a **good pinch of pepper**. In the second shallow bowl, whisk the **egg** with a **dash of water**.

TIP: If you don't have an egg, use **2 tbs of milk** instead. In the third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken breast** into the flour mixture, followed by the egg and finally in the panko **breadcrumbs**. Set aside on a plate.



3 COOK THE CHICKEN

Heat a **good drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add the crumbed chicken breast and cook for **3-4 minutes** on each side, or until golden on the outside and cooked through.

TIP: The chicken is cooked when it is no longer pink in the centre. Set aside on a plate lined with paper towel to drain. Repeat with the remaining crumbed chicken breast. Add **extra olive oil** if required.



4 MAKE THE LEMON SAUCE (OPTIONAL)

TIP: If you don't want the lemon sauce, squeeze the lemon over the final dish! Wipe the pan clean with paper towel. Add the **butter** and melt over a medium-high heat. Crumble in the **chicken stock** cube (see ingredients list) and add the **water** (see ingredients list) and a squeeze of juice from the **lemon** wedges. **TIP:** Add as much or as little lemon juice as you like depending on your taste. Whisk together and simmer for **2 minutes**, or until slightly thickened. Remove from the heat.



5 MAKE THE TOMATO SALAD

In a medium bowl, combine the **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and the **balsamic vinegar**. Season with a **pinch of salt** and **pepper**. Add the **mixed salad leaves** and **cherry tomatoes** and toss to coat.

TIP: Toss the salad in the dressing just before serving to prevent soggy leaves.



6 SERVE UP

Divide the panko-crusted chicken and the cherry tomato salad between plates. Sprinkle over the roasted almonds and drizzle with the lemon sauce (if using). Serve the remaining lemon wedges on the side.

ENJOY!

2 | 4 PEOPLE — INGREDIENTS

| | 2P | 4P |
|--------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| chicken breast | 1 packet | 1 packet |
| lemon | 1 | 2 |
| cherry tomatoes | 1 punnet | 2 punnets |
| roasted almonds | 1 packet | 2 packets |
| plain flour* | 2 tbs | ½ cup |
| salt* | 1 tsp | 2 tsp |
| egg* | 1 | 2 |
| panko breadcrumbs | 1 packet | 2 packets |
| butter* | 20 g | 40 g |
| chicken stock | ½ cube | 1 cube |
| water* | ½ cup | ¾ cup |
| balsamic vinegar* | 2 tsp | 1 tbs |
| mixed salad leaves | 1 bag | 1 bag |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 3260kJ (779Cal) | 689kJ (165Cal) |
| Protein (g) | 49.5g | 10.5g |
| Fat, total (g) | 48.9g | 10.3g |
| - saturated (g) | 12.7g | 2.7g |
| Carbohydrate (g) | 32.4g | 6.9g |
| - sugars (g) | 5.4g | 1.1g |
| Sodium (g) | 1230mg | 259mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK23

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