



Lemon & Rosemary Chicken

with Mash, Green Beans & Roasted Almonds

Grab your Meal Kit
with this symbol



Potato



Garlic & Herb
Seasoning



Lemon



Rosemary



Garlic



Green Beans



Carrot



Roasted Almonds



Chicken Thigh



Dijon Mustard



Chicken Stock
Powder



Chicken
Breast

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

Fall in love with this blend of aromatic rosemary, zesty lemon and garlic! It's a classic combo you'll want time and time again!



CUSTOM RECIPE

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

Pantry items

Olive Oil, Butter, Milk, Honey

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	1/4 cup
garlic & herb seasoning	1 sachet	2 sachets
lemon	1	2
rosemary	1 stick	2 sticks
garlic	2 cloves	4 cloves
green beans	1 medium bag (200g)	1 large bag (400g)
carrot	1	2
roasted almonds	1 medium packet	1 large packet
chicken thigh	1 small packet	1 large packet
honey*	1 tbs	2 tbs
Dijon mustard	1/2 packet (7.5g)	1 packet (15g)
chicken stock powder	1 medium sachet	1 large sachet
butter* (for the sauce)	10g	20g
chicken breast**	1 small packet	1 large packet

*Pantry items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3127kJ (747Cal)	452kJ (108Cal)
Protein (g)	44.6g	6.4g
Fat, total (g)	38.6g	5.6g
- saturated (g)	17g	2.5g
Carbohydrate (g)	50.5g	7.3g
- sugars (g)	20.4g	2.9g
Sodium (mg)	1166mg	168mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2982kJ (712Cal)	437kJ (104Cal)
Protein (g)	49.4g	7.2g
Fat, total (g)	32.5g	4.8g
- saturated (g)	15.2g	2.2g
Carbohydrate (g)	51.3g	7.5g
- sugars (g)	21.2g	3.1g
Sodium (mg)	1125mg	165mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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.com.au/contact

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Cook the potato

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter (for the mash)**, **milk** and **garlic & herb seasoning**, then mash until smooth. Cover to keep warm.



Get prepped

While the potato is cooking, juice the **lemon**. Pick and finely chop the **rosemary** leaves (see ingredients). Finely chop the **garlic**. Trim the **green beans**. Cut the **carrot** into thin sticks. Roughly chop the **roasted almonds**. Cut the **chicken thigh** into 2cm strips.



Make the sauce

In a small bowl, combine the **lemon juice**, **rosemary**, **garlic**, **honey**, **Dijon mustard** (see ingredients), **chicken stock powder** and a pinch of **pepper**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **veggies** and a splash of **water**. Season with **salt** and **pepper**. Cook, tossing, until tender, **5-6 minutes**. Transfer to a plate.

TIP: Add a little splash of water now and then to help the green beans and carrot steam and cook evenly.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken thigh** until browned, **5-6 minutes**. Add the **lemon and rosemary sauce** and the **butter (for the sauce)**. Cook, tossing occasionally, until the chicken is cooked through and well coated in the sauce, **3-4 minutes**.

TIP: Add a splash more water if the sauce looks too thick. The chicken is cooked when it's no longer pink inside.



Serve up

Divide the mash between plates. Top with the lemon and rosemary chicken. Serve the veggies on the side and sprinkle with the roasted almonds.

Enjoy!

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