



# CRISPY CHICKEN

with Wedges, Roasted Broc and Tomato Basil Sauce



## HELLO BROCCOLI

*This vegetable is actually a flowerhead. Each of those tiny little green dots is a bud!*



Potato



Dried Thyme



Broccoli Florets



Chicken Breast



Plain Flour



Garlic Salt



Finely Chopped Tomatoes with Basil

Hands on: **15 mins**  
Total: **40 mins**

**1** of your  
**5** day

**Family Box**

With just fifteen minutes hands-on cooking time, this recipe is perfect for those nights when you've got a full house and can't decide what to cook. To give the chicken a lovely crispy coating, we've used a technique called dredging - coating the chicken breasts in a dry mix of flour, herbs and seasoning to help preserve moisture during cooking. Minimal effort needed, maximum flavour guaranteed.

## BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got two **Large Baking Trays**, some **Clingfilm**, a **Mixing Bowl**, **Large Frying Pan** and **Small Saucepan**. Now, let's get cooking!



### 1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2cm wide wedges (no need to peel). Put the **wedges** on a large baking tray. Drizzle over some **oil**, a pinch of **salt** and **half** the **dried thyme**. Give your tray a shake to ensure even coating. Roast on the top shelf of your oven for 25-30 mins. Turn halfway through cooking.



### 2 NOW THE BROCCOLI

Pop the **broccoli florets** onto another baking tray. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Leave to the side. 15 mins before the **wedges** are ready, slide the broccoli tray onto the middle shelf of the oven to roast for the final 15 mins.



### 3 PREP THE CHICKEN

Meanwhile, lay one of the **chicken breasts** between two sheets of clingfilm. Bash with the bottom of a pan until 2cm thick all over. Repeat with the other **breast(s)**. Pop the **flour** in a mixing large bowl with the **garlic salt**, remaining **thyme** and a pinch of **pepper**. Add the **chicken** and mix together with your hands. Ensure the **chicken** is well coated. Shake off any excess **flour**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



### 4 COOK THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay in the **chicken breasts** (you can do this in batches if your pan isn't big enough, you want them in a single layer). Fry until golden and cooked thorough, 4-5 mins on each side, then remove to a chopping board to rest. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 5 SIMMER THE SAUCE

While your **chicken** is cooking, pour the **chopped tomatoes with basil** into a small saucepan. Season well with **pepper** and pop on medium-high heat. Bring to the boil, then reduce the heat slightly and simmer until thickened, 8-10 mins. Taste, and add a pinch of **salt** or more **pepper** if necessary. Remove from the heat.



### 6 FINISH AND SERVE

When everything is ready, slice the **chicken** into 1cm wide strips and serve on plates with the **wedges** and **broccoli** alongside and the **sauce** on top. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Dried Thyme	½ pot	¾ pot	1 pot
Broccoli Florets *	1 small pack	1 medium pack	1 large pack
Chicken Breast *	2	3	4
Plain Flour <sup>13)</sup>	12g	18g	24g
Garlic Salt	½ pot	¾ pot	1 pot
Finely Chopped Tomatoes with Basil	½ carton	¾ carton	1 carton

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 590G	PER 100G
Energy (kJ/kcal)	1979 / 473	335 / 80
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	57	10
Sugars (g)	9	1
Protein (g)	49	8
Salt (g)	1.66	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

<sup>13)</sup> Gluten

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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