



Lemon Chicken & Chorizo Crumb

with Asparagus & Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Eschalot



Garlic



Lemon



Chicken Breast



Asparagus



Broccolini



Mild Chorizo



Parsley



Panko Breadcrumbs



Chargilled Capsicum Relish



Goat Cheese

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

Eat me early

Inspired by simple yet stunning Spanish cooking, this dish is pure elegance. Tender chicken is showered with a crunchy topping peppered with chorizo, while asparagus, broccolini and potato bask in a bed of chargilled capsicum relish.

Pantry items

Olive Oil

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 ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
eschalot	1	2
garlic	1 clove	2 cloves
lemon	1	2
chicken breast	1 packet	1 packet
asparagus	1 bunch	2 bunches
broccolini	1 bunch	2 bunches
mild chorizo	1 packet	2 packets
parsley	1 bag	1 bag
panko breadcrumbs	½ packet	1 packet
chargrilled capsicum relish	1 tub (50g)	1 tub (100g)
goat cheese	½ packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	477kJ (114Cal)
Protein (g)	66.4g	10.2g
Fat, total (g)	32.5g	5.0g
- saturated (g)	12.4g	1.9g
Carbohydrate (g)	43.0g	6.6g
- sugars (g)	8.7g	1.3g
Sodium (g)	1400mg	216mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

Fancy a Drop?

We recommend pairing this meal with Riesling or Pinot Grigio.



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Peel and quarter the **eschalot**. Finely chop the **garlic** (or use a garlic press). Place the **potato** on an oven tray lined with baking paper and **drizzle** with **olive oil**. Season with **salt** and **pepper** and bake for **10 minutes**. Remove the tray and add the **eschalot** and **1/2 the garlic**. **Drizzle** with a little more **olive oil** and toss to coat. Roast until tender, **12-15 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Cook the veggies

While the chicken is cooking, trim the ends of the **asparagus**. Trim the **broccolini** and halve lengthways. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **asparagus** and **broccolini** and then a dash of water. Cook, tossing often, until just tender, **4-6 minutes**. Season to taste with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



2. Flavour the chicken

While the potato is roasting, zest the **lemon** to get **1/2 tsp for 2 people / 1 tsp for 4 people**, then slice into wedges. In a medium bowl, combine the **chicken breast**, **lemon zest**, **remaining garlic** and a **good squeeze** of **lemon juice**. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat.



3. Cook the chicken

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **chicken** and cook until browned, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes**. Transfer the **chicken** to a plate and cover to keep warm.



5. Make the chorizo crumb

Make a light incision down the entire length of the **chorizo** and remove the skin from the **chorizo** meat. Pick and finely chop the **parsley** leaves. Return the frying pan to a medium-high heat. Break the **chorizo** up with your hands as finely as possible directly into the pan. Cook, breaking up further with a spoon, until browned, **4-5 minutes**. Add the **panko breadcrumbs** (see ingredients list) and cook, stirring, until golden, **2-3 minutes**. Remove the pan from the heat and stir through the **parsley**. Season to taste with **salt** and **pepper**.



6. Serve up

Thinly slice the chicken. Spread a layer of the **chargrilled capsicum relish** over the plates. Divide the roasted veggies and greens between the plates and top with the lemon chicken. Sprinkle with the chorizo crumb and top with the **goat cheese** (see ingredients list). Serve with any remaining lemon wedges.

Enjoy!