



Lemon Chicken & Chorizo Crumb

with Broccoli & Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Eschalot



Garlic



Lemon



Chicken Breast



Broccoli



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 broccoli 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	½	1
chicken breast	1 packet	1 packet
broccolini	2 bunches	4 bunches
mild chorizo	½ packet	1 packet
parsley	1 bunch	1 bunch
panko breadcrumbs	½ packet	1 packet
chargrilled capsicum relish	1 packet (100g)	2 packets (200g)
goat cheese	½ packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3570kJ (853Cal)	528kJ (126Cal)
Protein (g)	69.5g	10.3g
Fat, total (g)	39.6g	5.9g
- saturated (g)	15.3g	2.3g
Carbohydrate (g)	52.0g	7.7g
- sugars (g)	8.3g	1.2g
Sodium (g)	1860mg	275mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 roast for **10 minutes**. Remove the tray from the oven and add the **eschalot** and **1/2** the **garlic**. **Drizzle** with a little more **olive oil** and toss to coat. Return to the oven and 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 and halve the **broccolini** lengthways. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccolini** to the pan with a **dash** of **water**. Cook, tossing regularly, until tender, **5-6 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** (see **ingredients list**) to get **1/2 tsp** for **2 people** / **1 tsp** for **4 people**, then slice in half. In a medium bowl, combine the **chicken breast**, **remaining garlic**, **lemon zest** 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. Cover to keep warm and set aside to rest.

TIP: Chicken is cooked through when it's no longer pink inside.



5. Make the chorizo crumb

Chop the **mild chorizo** (see **ingredients list**) as finely as you can. Pick and finely chop the **parsley** leaves. Return the frying pan to a medium-high heat and add the **chorizo**. Cook, breaking up 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 broccolini between plates and top with the lemon chicken. Sprinkle with the chorizo crumb and crumble over the **goat cheese** (see **ingredients list**).

Enjoy!