



# Walnut & Rosemary-Crusted Chicken

with Roasted Veggies & Garlic Aioli

Grab your Meal Kit  
with this symbol



Potato



Red Onion



Rosemary



Cucumber



Garlic



Walnuts



Panko Breadcrumbs



Chicken Breast



Mixed Salad  
Leaves



Garlic Aioli

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

Eat Me Early

What's not to like about crusted chicken breast? It's a great way to introduce texture and keep the chicken moist while it cooks. The walnut and rosemary in the crust adds some amazing flavour, too!

## Pantry items

Olive Oil, Egg, Vinegar (White Wine or Red Wine)

## 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 · Large frying pan

## Ingredients

|                                   | 2 People        | 4 People         |
|-----------------------------------|-----------------|------------------|
| olive oil*                        | refer to method | refer to method  |
| potato                            | 2               | 4                |
| red onion                         | 1 (medium)      | 1 (large)        |
| rosemary                          | 2 sticks        | 4 sticks         |
| cucumber                          | 1 (medium)      | 1 (large)        |
| garlic                            | 1 clove         | 2 cloves         |
| walnuts                           | 1 packet        | 2 packets        |
| egg*                              | 1               | 2                |
| panko breadcrumbs                 | 1 packet        | 1 packet         |
| salt*                             | ½ tsp           | 1 tsp            |
| chicken breast                    | 1 packet        | 1 packet         |
| vinegar* (white wine or red wine) | drizzle         | drizzle          |
| mixed salad leaves                | 1 bag (60g)     | 1 bag (120g)     |
| garlic aioli                      | 1 packet (100g) | 2 packets (200g) |

\*Pantry items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3652kJ (873Cal) | 566kJ (135Cal) |
| Protein (g)      | 45.3g           | 7g             |
| Fat, total (g)   | 50.7g           | 7.9g           |
| - saturated (g)  | 7g              | 1.1g           |
| Carbohydrate (g) | 57.7g           | 8.9g           |
| - sugars (g)     | 9.5g            | 1.5g           |
| Sodium (mg)      | 1176mg          | 182mg          |

The quantities provided above are averages only.

## Allergens

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

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



### Roast the veggies

Preheat the oven to **200°C/180°C fan-forced**. Cut the **potato** into bite-sized chunks. Slice the **red onion** into thick wedges. Place the **potato** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



### Get prepped

While the veggies are roasting, pick the **rosemary** leaves and finely chop. Thinly slice the **cucumber**. Finely chop the **garlic**. Crush the **walnuts** in their packet using a rolling pin (or finely chop if you prefer).



### Coat the chicken

In a shallow bowl, whisk the **egg**. In a second shallow bowl, combine the **rosemary**, **garlic**, **walnuts**, **panko breadcrumbs** and the **salt**, then season with **pepper**. Coat the **chicken breast** in the **egg**, then the **walnut-panko mixture**, pressing lightly to help the crust stick. Reserve any leftover crumb in the bowl, you will use it in step 4.



### Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **crusted chicken** until golden, **2 minutes** on each side. Transfer to a second lined oven tray and sprinkle the leftover **panko crumb** over the chicken. Bake the **chicken** until cooked through, **8-12 minutes**. When the chicken is done, set aside to rest.

**TIP:** The chicken is cooked through when it's no longer pink inside.



### Toss the salad

While the chicken is resting, combine a drizzle of **vinegar** and **olive oil** in a medium bowl. Season, then add the **mixed salad leaves** and **cucumber** and toss to coat.



### Serve up

Slice the walnut and rosemary-crusted chicken. Divide the chicken, roasted veggies and mixed salad between plates. Sprinkle any remaining toasted crumb over the chicken. Serve with the **garlic aioli**.

**Enjoy!**