



# Sage & Rosemary Crusted Chicken

with Creamy Potato & Green Bean Salad

Grab your Meal Kit  
with this symbol



Lemon



Potato



Green Beans



Garlic



Sage



Rosemary



Spring Onion



Chicken Breast



Panko Breadcrumbs



Dijon Mustard



Mayonnaise



Baby Spinach Leaves

Hands-on: 25-35 mins  
 Ready in: 30-40 mins

Eat me early

This weeknight wonder of herb-crusted chicken tastes just like classic chicken and stuffing, but it's made in about half the time. Served with creamy potato and green bean salad, it will quickly turn into a favourite dinner.

## Pantry items

Olive Oil, Plain Flour, Egg

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lemon	½	1
potato	2	4
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
sage	½ bag	1 bag
rosemary	2 sticks	4 sticks
spring onion	2 stems	4 stems
chicken breast	1 small packet	1 large packet
salt* (for the crumb)	1 tsp	2 tsp
plain flour*	2 tbs	¼ cup
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
salt* (for the potato)	¼ tsp	½ tsp
Dijon mustard	½ packet (7.5g)	1 packet (15g)
mayonnaise	1 packet (40g)	2 packets (80g)
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3003kJ (718Cal)	516kJ (123Cal)
Protein (g)	45.1g	7.7g
Fat, total (g)	32.7g	5.6g
- saturated (g)	5.6g	1g
Carbohydrate (g)	56.1g	9.6g
- sugars (g)	4.9g	9.6g
Sodium (mg)	1615mg	277mg

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



### Get prepped

Bring a medium saucepan of salted water to the boil. Zest the **lemon** to get a generous pinch, then slice into wedges. Peel the **potato** and chop into bite-sized chunks. Trim and halve the **green beans**. Finely chop the **garlic**. Pick the **sage** (see ingredients) and **rosemary** leaves and finely chop. Thinly slice the **spring onion**. Place your hand flat on top of each **chicken breast** and slice horizontally to make two thin steaks.

### Cook the potato & beans

Cook the **potato** in the boiling water until soft when pierced with a knife, **10-12 minutes**. When the **potato** has about **2 minutes** cook time remaining, add the **green beans** and cook until just tender. Drain the **potato** and **green beans** and set aside to cool.

### Crumb the chicken

While the **potato** is cooking, combine the **salt (for the crumb)** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, combine the **garlic**, **sage**, **rosemary**, **lemon zest**, **panko breadcrumbs** and a good pinch of **salt** and **pepper**. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko mixture**. Transfer to a plate.



### Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the chicken until golden, **2-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.

**TIP:** Add extra oil if needed so the chicken doesn't stick to the pan.

### Make the potato salad

In a large bowl, combine the **salt (for the potato)**, **Dijon mustard** (see ingredients), **mayonnaise**, a drizzle of **olive oil**, a squeeze of **lemon juice** and a pinch of **pepper**. Add the **potato** and **green beans**, **baby spinach leaves** and **spring onion** and toss to coat.

### Serve up

Divide the sage and rosemary crusted chicken and creamy potato salad between plates. Serve with any remaining lemon wedges.

### Enjoy!