



Cooking Made Easy

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Chicken & Artichoke Cassoulet

with Herbed Breadcrumbs & Mozzarella



We've taken cassoulet – a traditionally slow-cooked French bean casserole – and made it delicious in under 35 minutes. You'll get the same richness from thyme-roasted tomatoes, caramelized onion, and marinated chicken. Oh, and let's not forget about that cheesy breadcrumb topping. This sure ain't your Momma's casserole!



35 min



level 1



nut free



Chicken Breast



Artichoke Hearts



Red Onion



Thyme



Panko



Mozzarella Cheese



Garlic



Parsley



Lemon



Grape Tomatoes



Cannellini Beans

Ingredients	2 People	4 People
Chicken Breast	2	4
Artichoke Hearts	1 jar	2 jars
Thyme	1 sprig	2 sprigs
Red Onion	1	2
Cannellini Beans	1 can	2 cans
Grape Tomatoes	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Mozzarella Cheese	1) ½ C	1 C
Panko	2) ¼ C	½ C
Parsley	1 bunch	2 bunches
Lemon	1	2
Olive Oil*	1 ½ T + 2 t	3 T + 4 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Small Baking Dish, Medium Bowl, Strainer, Small Bowl, Large Pan

Ruler

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Nutrition per person Calories: 734 cal | Carbs: 61 g | Fat: 33 g | Protein: 59 g | Fiber: 17 g



1 Preheat oven to 425 degrees. Halve, peel, and thinly slice the **red onion**. Strip the **thyme leaves** off the sprig. Halve the **tomatoes**.



2 In a small baking dish, toss the **red onion** and **grape tomatoes** with the **thyme leaves**, ½ tablespoon **olive oil**, and a pinch of **salt** and **pepper**. Place in the oven for 15 minutes, until tomatoes soften and onion is slightly caramelized.



3 Meanwhile, drain and halve the **artichoke hearts**. Mince or grate the **garlic**. Coarsely chop the **parsley**. Zest and juice the **lemon**. Drain and rinse the **cannellini beans**. Cut the **chicken** into ½-inch thick strips.



4 In a medium bowl, toss the **chicken** with **garlic**, **lemon zest**, **half the lemon juice**, and ½ tablespoon **olive oil**. Season with **salt** and **pepper**.



5 In a small bowl, combine **panko**, **mozzarella cheese**, **half the parsley**, and 2 teaspoons **olive oil**. Season with **salt** and **pepper**.



6 Heat ½ tablespoon **olive oil** in a large pan over high heat. Working in batches, cook the **chicken strips** for about 4 minutes, turning occasionally, until golden brown but not yet cooked through.



7 Add the **chicken** to the baking dish along with the **cannellini beans**, **artichokes**, and **remaining lemon juice**. Toss to combine. Top with the **panko mixture** and return to the oven for another 5-7 minutes, until chicken is cooked through and panko is golden brown.



8 Serve the **cassoulet** right out of the oven and sprinkle with **remaining parsley**!