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Lemony Pan-Seared Chicken

with Pesto Potato Salad and Peas

Prepared pesto is one of our favorite shortcuts in the kitchen – it adds incredible flavor in no time at all. Tossed with sweet peas and crunchy pine nuts, it gives this potato salad serious oomph. A squeeze of lemon wakes the whole dish up.



Chicken Breasts



Yukon Potatoes



Pine Nuts



Pesto



Lemon



Peas



Scallions

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Pine Nuts	1) 1 oz	2 oz
Pesto	2) 2 T	4 T
Lemon	1	1
Peas	4 oz	8 oz
Scallions	2	4
Olive Oil*	1 t	2 t

*Not Included

Allergens

1) Nuts

2) Milk

Tools

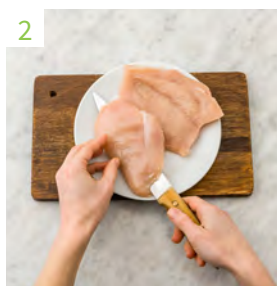
Medium Pot, Slotted Spoon, Plastic Wrap, Large Pan, Strainer, Medium Bowl

Ruler

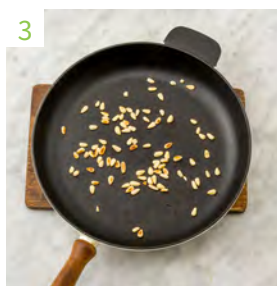
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Nutrition per person Calories: 531 cal | Fat: 19 g | Sat. Fat: 2 g | Protein: 50 g | Carbs: 47 g | Sugar: 7 g | Sodium: 232 mg | Fiber: 10 g

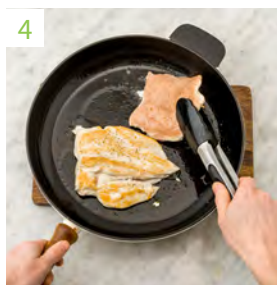
Make sure to wash and dry produce before prepping or cooking!



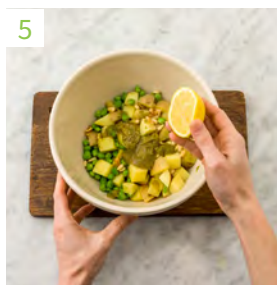
1 Prep and boil the potatoes: Cut the **potatoes** into $\frac{3}{4}$ -inch cubes. Place the potatoes in a medium pot with enough water to cover and a large pinch of **salt**. Bring to a boil and cook for about 15 minutes, or until tender. While the potatoes cook, thinly slice the **scallions** and halve the **lemon**. When the potatoes are finished, remove them with a slotted spoon, but keep the water boiling on the stove for later.



2 Butterfly the chicken: Place your hand on top of the **chicken breast** and slice into the middle of the meat, parallel to the cutting board. Open up the chicken like a book and cover with a piece of plastic wrap. Pound with a large pan or mallet until $\frac{1}{2}$ -inch thick. Season the chicken on all sides with **salt** and **pepper**. Repeat with the other chicken breast.



3 Toast the pine nuts: Heat a large pan over medium-low heat. Add the **pine nuts** and toss for 2-3 minutes, until toasted and fragrant. Remove from the pan and set aside.



4 Sear the chicken: Heat a drizzle of **oil** in the same pan over medium-high heat. Once hot, add the **chicken** to the pan and cook for 3-4 minutes per side, until golden brown and cooked through. Remove from the pan and set aside to rest.

5 Make the pesto potato salad: Add the **peas** to the boiling water and cook for about 2 minutes, until tender, drain. Combine the **peas, potatoes, scallions, pine nuts, 2 Tablespoons pesto**, and a squeeze of **lemon** in a medium bowl. Toss, and season to taste with **salt** and **pepper**.

6 Finish and plate: Thinly slice the **chicken** and serve on a bed of the **pesto potato salad**. Garnish with a drizzle of **pesto** and a squeeze of **lemon**, as desired. Enjoy!