



ZESTY BREADED CHICKEN BREASTS

with Roasted Potatoes and Creamy Mixed Greens



HELLO

ZESTY BREADED CHICKEN

A hint of lemon zest in the crust is the secret to crispy, flavorful perfection.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 540**



Yukon Gold Potatoes



Lemon



Garlic Powder



Chicken Breasts



Grape Tomatoes



Panko Breadcrumbs
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Spring Mix Lettuce

START STRONG

Pounding chicken helps it cook evenly (not to mention it's a great stress reliever through the hustle-bustle of the season). Focus your force on the thickest section, then work your way out from there.

BUST OUT

- Zester
- Large pan
- Baking sheet
- Large bowl
- Shallow dish
- Medium bowl
- Plastic wrap
- Olive oil (5 tsp | 10 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Lemon 1 | 2
- Grape Tomatoes 4 oz | 8 oz
- Panko Bread crumbs ½ Cup | 1 Cup
- Garlic Powder 1 tsp | 2 tsp
- Sour Cream 4 TBSP | 6 TBSP
- Chicken Breasts 12 oz | 24 oz
- Spring Mix Lettuce 2 oz | 4 oz

HELLO WINE



PAIR WITH
Lustra Monterey County
Pinot Blanc, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Cut **potatoes** into ½-inch-thick wedges. Zest **lemon** until you have ½ tsp zest, then cut into halves. Halve **tomatoes**. Toss potatoes on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



4 COOK CHICKEN

Heat a large drizzle of **olive oil** in a large pan over medium-high heat (use a nonstick pan if you have one). Add **chicken** and cook until no longer pink in center and panko is golden brown, 3-4 minutes. **TIP:** Work in batches if you can't easily fit all of the chicken in the pan. If it cools, place the chicken in the oven for a minute or two to heat it up.



2 ROAST POTATOES AND MAKE CRUST

Roast **potatoes** in oven until tender, 25-30 minutes, tossing halfway through. Meanwhile, place **panko** in a shallow dish or bowl and season with **salt** and **pepper**. In a separate medium bowl, stir together **lemon zest**, **garlic powder**, **2 TBSP sour cream** (1 pack), and a pinch of salt and pepper.



5 TOSS SALAD

Stir together remaining **sour cream**, a squeeze of **lemon**, and a large drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**. Add **lettuce** and **tomatoes** to bowl and toss to coat.



3 PREP CHICKEN

Place one **chicken breast** between two pieces of plastic wrap. Pound with a rolling pin, mallet, or heavy-bottomed pan until ½ inch thick. Repeat with remaining chicken. Season chicken with **salt** and **pepper**, then toss each piece in **sour cream mixture** to coat. Dip into **panko**, coating all over and pressing to adhere.



6 PLATE AND SERVE

Divide **chicken** and **potatoes** between plates and serve with **salad** on the side.

INSPIRING!

Panko chicken is a great go-to for any meal—just switch up the sides.

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