



More than food

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Lemony Chicken Paillard

with Sweet Potato Wedges, Arugula Salad, and Chimichurri

We've marinated butterflied chicken breasts with lemon for a bright burst of flavor. Smoky sweet potato wedges are complemented by a peppery arugula salad for contrast. The dish is finished with our favorite condiment—an Argentine-inspired chimichurri sauce!

35 min

level 2

nut free

dairy free

gluten free



Chicken Breasts



Sweet Potatoes



Grape Tomatoes



Arugula



Parsley



Garlic



Lemon



Cumin

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Sweet Potatoes	12 oz	24 oz
Grape Tomatoes	4 oz	8 oz
Arugula	2 oz	4 oz
Parsley	¼ oz	½ oz
Garlic	2 cloves	4 cloves
Lemon	1	2
Cumin	1 t	2 t
Olive Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

None

Tools

Baking Sheet,
Shallow Dish,
Small Bowl, Large Pan,
Medium Bowl, Zester

Ruler

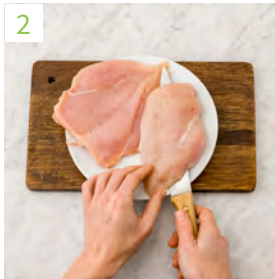
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Nutrition per person Calories: 506 cal | Fat: 19 g | Sat. Fat: 2 g | Protein: 45 g | Carbs: 45 g | Sugar: 11 g | Sodium: 224 mg | Fiber: 9 g

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



1 Prep and roast the sweet potato: Preheat the oven to 400 degrees. Zest and juice the **lemon**. Mince or grate the **garlic**. Finely chop the **parsley**. Halve the **tomatoes**. Cut the **sweet potatoes** into wedges (like steak fries!). Toss the **sweet potato wedges** on a baking sheet with a drizzle of **olive oil**, **half the cumin**, and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, tossing halfway through, until golden brown.



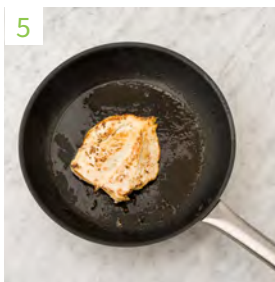
2 Butterfly the chicken breasts: With your hand on top of the **chicken breast**, slice carefully into the center of the meat, parallel to your cutting board. Open the chicken like a book and season with **salt** and **pepper**. Repeat with the other chicken breast.



3 Marinate the chicken: In a shallow dish, combine **half the lemon juice**, **half the garlic**, and a large drizzle of **olive oil**. Toss the **chicken breasts** in the lemon mixture to marinate.

4 Make the chimichurri: In a small bowl combine the **parsley**, **lemon zest**, **remaining cumin**, a large drizzle of **olive oil**, and up to **half the garlic** (or less, to taste). Season with **salt** and **pepper**.

5 Cook the chicken: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **chicken** to the pan and cook for 3-4 minutes per side, until cooked through. Set aside to rest for 2-3 minutes.



6 Dress the salad: In a medium bowl, toss the **arugula** with the **tomatoes**, a drizzle of **olive oil**, a squeeze of **lemon**, and a pinch of **salt** and **pepper**.

7 Plate: Serve the **chicken paillard** with the **sweet potato wedges** and **arugula salad** to the side. Drizzle the **chicken** with the **chimichurri**, and enjoy!