



SPRING TIME ROAST CHICKEN BREAST

with Tapenade and Roasted Spring Veggie & Bean Salad



BALANCED RECIPE



HELLO RADISH

Radish is a good source of vitamin C. Vitamin C contributes to the absorption of iron.



Radish



Spring Onion



Ciabatta



Flat Leaf Parsley



Lemon



Black Olives



Butter Beans



Chicken Breast



Rocket

MEAL BAG

20 mins

1 of your 5 a day

Low in sugar

Balanced

Under 550 calories

Low in sat fat

This fresh and easy to prep salad is the perfect recipe for busy evenings. Is a weeknight favourite that works brilliantly with the zesty taste of this dish. Roasted radish and spring onions give the dish a lovely texture and, because they are roasted, their flavours mellow out for a more sweet taste. Finely-chopped olives, lemon zest, parsley and olive oil are mixed together to create a tapenade to top the salad. Now, dig in!

GET **PREPARED!**

Preheat your oven to 200°C.

BEFORE YOU START

Preheat your oven to 200°C Wash the veggies. Make sure you've got a **Large Baking Tray**, some **Foil**, a **Fine Grater**, **Sieve**, **Mixing Bowl** and some **Clingfilm**. Let's start cooking the **Spring Time Roast Chicken Breast with Tapenade and Roasted Spring Veggie & Bean Salad**.



1 CHOP CHOP

- Trim and halve the **radishes**. Trim the **spring onion** and chop widthways into thirds. Roughly tear the **ciabatta** into bite-sized pieces. Pop the **radishes** and **spring onion** onto the baking tray. Drizzle with **oil**, a pinch of **salt** and **pepper**. Roast in the oven until tender and starting to colour, 15-20 mins.
- Add the **corn ciabatta** to the tray halfway through roasting and give everything a good toss. Return to the oven for the remaining time. Keep an eye on the **bread**, make sure it doesn't burn!



4 FRY THE CHICKEN

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Fry the **chicken** until cooked and golden, 5-6 mins on each side. **! IMPORTANT:** *The chicken is cooked when no longer pink in the middle!*



2 PREP THE MARINADE

- Finely chop the **parsley** (stalks and all). Zest and halve the **lemon**. Finely chop the **olives**.
- Drain and rinse the **butter beans** in a sieve.
- Pop **half** the **parsley** and **half** the **lemon zest** into a mixing bowl. Stir in a drizzle of **oil** and a good pinch of **salt** and **pepper**.



5 MAKE THE TAPENADE

- Pop the **olives**, along with the remaining **lemon zest** and **parsley** into a small bowl.
- Squeeze in the **juice** from the **lemon** and season well with **pepper**. You won't need any **salt**!
- Add the **olive oil** (see ingredients for amount) and mix well.



3 MARINATE THE CHICKEN

- Lay a **chicken breast** on a chopping board and cover with a piece of clingfilm. Use a rolling pin or the base of a saucepan to bash it until it is 1cm thick all over. Repeat for the other **breast(s)**.
- Place them in the bowl with the **marinade**. Toss to coat the **chicken** all over. **! IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!*



6 PLATE UP

- Once the **chicken** is cooked, transfer to a board and slice each **chicken breast** into four. Pop the **roasted radish**, **spring onions**, **croutons** and **butter beans** into a large bowl. Gently mix in the **rocket** and **half** the **tapenade**. Pop the **salad** onto plates and lay the **sliced chicken** on top. Drizzle any **juices** left on the tray over the **chicken** and spoon the remaining **tapenade** all over. **Now, dig in!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Radish *	1 bag	11/bags	2 bags
Spring Onion *	3	5	6
Ciabatta 11) 13)	1	11/2	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	1/2	1	1
Black Olives *	1 pouch	11/2 pouches	2 pouches
Butter Beans	1 carton	11/2 cartons	2 cartons
Chicken Breast *	2	3	4
Olive Oil*	1 tbspc	11/2bspc	2 tbspc
Rocket *	1 bag	11/bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 487G	PER 100G
Energy (kJ/kcal)	2029 / 485	417 / 100
Fat (g)	15	3
Sat. Fat (g)	3	1
Carbohydrate (g)	34	7
Sugars (g)	5	1
Protein (g)	50	10
Salt (g)	1.50	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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