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2017

# Lemony Chicken Paillard

with Roasted Sweet Potato Wedges and Gremolata

*Gremolata* is a chopped herb condiment traditionally made with lemon zest, garlic and parsley. This zesty dressing is delicious on classic pan-fried chicken, with cumin-roasted sweet potatoes on the side!

 **Prep**  
30 min



Chicken Breast



Sweet Potato



Spring Mix



Grape Tomatoes



Garlic



Parsley



Cumin



Honey



Lemon

## Ingredients

	2 People	4 People	*Not Included
Chicken Breast, butterflied	1 pkg (340 g)	2 pkg (680 g)	
Sweet Potato, steak-cut	1 pkg (340 g)	2 pkg (680 g)	<b>Allergens</b>
Spring Mix	1 pkg (56 g)	2 pkg (113 g)	None
Grape Tomatoes	1 pkg (255 g)	2 pkg (510 g)	
Garlic	1 pkg (10 g)	2 pkg (10 g)	
Parsley	1 pkg (10 g)	2 pkg (10 g)	
Cumin	½ pkg (½ tsp)	1 pkg (1 tsp)	<b>Tools</b>
Honey	1 pkg (1 tbsp)	2 pkg (2 tbsp)	Baking Sheet, Zester, Small Bowl, Measuring Spoons, Large Pan, Large Bowl, Whisk
Lemon	1	2	
Olive or Canola Oil*			

Ruler

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**Nutrition per person** Calories: 495 cal | Fat: 12 g | Protein: 44 g | Carbs: 53 g | Fibre: 8 g | Sodium: 412 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

3



**1 Preheat the oven to 450°F (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!**

**2 Bake the sweet potatoes:** Toss the **sweet potatoes** on a baking sheet with a drizzle of **oil**. Season with **cumin, salt** and **pepper**. Roast in the centre of the oven, turning the wedges over halfway through cooking, until golden-brown, 25-28 min. (**NOTE:** This healthier version won't get crispy like deep-fried fries!)

5



**3 Prep:** **Wash and dry all produce.** Cut the **grape tomatoes** in half. Mince or grate the **garlic**. Finely chop the **parsley**. Zest, then juice the **lemon(s)**.

**4 Make the gremolata:** In a small bowl, combine the **parsley, garlic, half the lemon zest, 1 tbsp lemon juice** (double for 4 people) and a drizzle of **oil**. Season with **salt** and **pepper**. Set aside.

6



**5 Cook the chicken:** Season the **chicken** with **remaining lemon zest, salt** and **pepper**. Heat a large pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until golden-brown and cooked through, 4-5 min per side. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

**6 Make the salad:** In a large bowl, whisk **2 tbsp lemon juice** (double for 4 people), **honey** and a drizzle of **oil**. Season with **salt** and **pepper**. Add the **spring mix** and **tomatoes** and toss to combine.

**7 Finish and serve:** Divide the **chicken paillard** between plates. Top with the **gremolata**. Serve alongside the **sweet potato wedges** and **salad**. Enjoy!

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