



## Rosemary-Infused Chicken

with Italian Cannellini Braise



20-30min



2 Portions

Sauteed carrot, garlic, onion and celery, known in Italian as soffritto, forms the aromatic base of a cannellini bean and tomato braise. We've added a crunchy pangrattato topping of toasted breadcrumbs, then served it with a light rosemary-infused chicken for a modern spin on Mediterranean classics.



## What we send

- 1
- rosemary
- 1 garlic clove
- 1 celery stalk

\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- olive oil
- sea salt and pepper
- sugar
- water

## Utensils

- large frypan with lid
- medium frypan

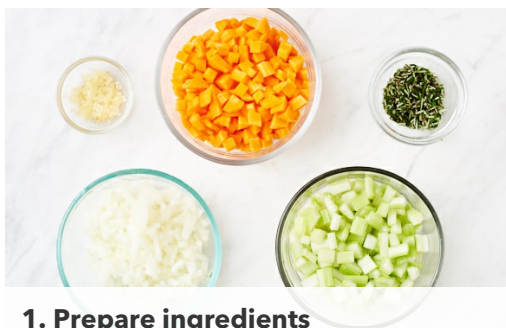
Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1). May contain traces of other allergens.

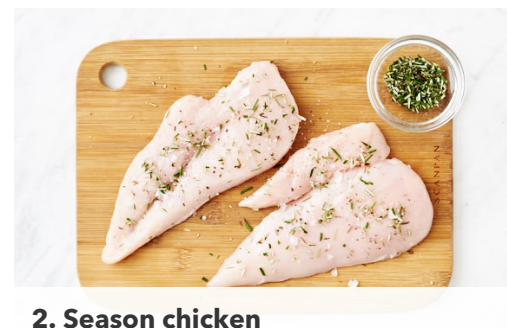
## Nutrition per serving

Energy 520kcal, Fat 15.8g, Carbs 35.4g, Proteins 49.2g



1. Prepare ingredients

**Read through the recipe.** Finely chop the **onion**. Crush or finely chop the **garlic**. Finely chop **half the rosemary\*\*** leaves, discarding the stems. Peel and finely chop the **carrot**. Finely chop the **celery**. Drain and rinse the **beans**.



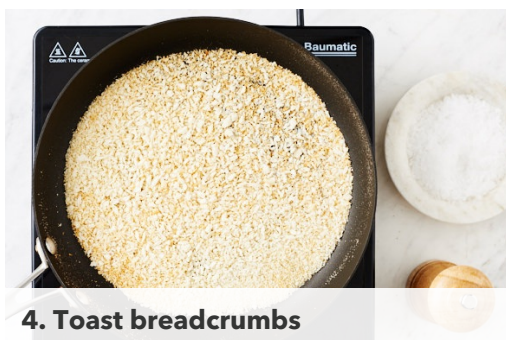
2. Season chicken

Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Season with **salt and pepper** and scatter over **half the rosemary**. Crumble **1 stock cube\*\*** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



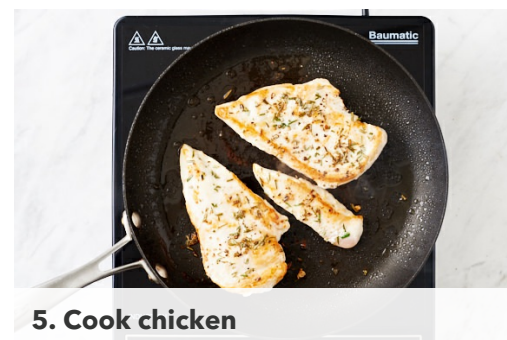
3. Cook sauce

Heat **3 tsp olive oil** in a large frypan over medium heat. Cook the **onion, garlic, carrot** and **celery**, stirring, for 5 mins or until softened and translucent. Add the **stock, tomatoes, ¼ tsp rosemary** and a **pinch of sugar**. Bring to the boil, then reduce the heat to medium and cook for 5 mins or until starting to thicken. Season with **salt and pepper**.



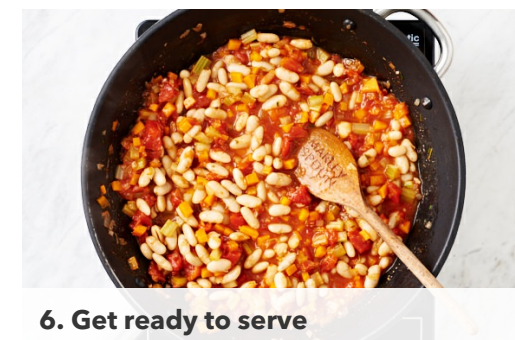
4. Toast breadcrumbs

Meanwhile, heat **2 tsp olive oil** in a small frypan over medium-high heat. Toast the **breadcrumbs**, stirring, for 2-3 mins until crisp and golden. Season with **salt and pepper**, then remove from the pan. Wipe the pan clean.



5. Cook chicken

Heat **2 tsp olive oil** in the pan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove from the pan and rest for 3 mins.



6. Get ready to serve

Stir the **beans** into the **sauce**, reduce the heat to low and cook, covered, for a further 5 mins or until warmed through. Divide the **braised beans, chicken** and **rocket** among plates. Scatter the **breadcrumbs** over the braised beans to serve.