



## **Pistachio-Crumbed Chicken**

with Golden Potatoes and Rocket Salad



20-30min



2 Portions

Want flavour, crunch and colour, and then some? We've gone all-out here, with juicy, nut-crusted chicken breast, a vibrant green salad and potatoes roasted to golden-y, crispy perfection. This one has 'firm family favourite' written all over it.

## What we send

- 1 large free-range chicken breast fillet
- pistachios <sup>15</sup>
- baby chat potato
- pepitas
- rocket leaves
- Lebanese cucumber
- parsley
- chicken-style stock cube

## What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- olive oil spray
- sea salt and pepper
- white wine vinegar <sup>17</sup>

## Utensils

- baking paper
- medium frypan with lid
- oven tray
- rolling pin

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

## Cooking tip

No rolling pin? No problem, use any sturdy, blunt item you have in the kitchen such as the back of a heavy serving spoon or base of a heavy glass. Put the plastic bag on a board first.

## Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 525kcal, Fat 29.6g, Carbs 16.4g, Proteins 45.9g



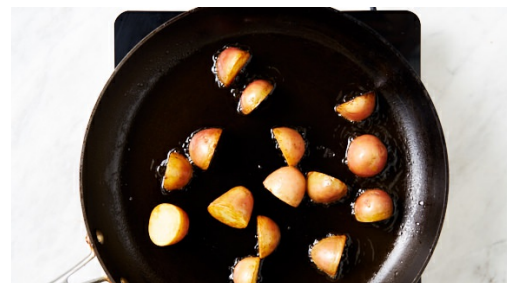
### 1. Prepare crumb

Heat the oven to 200C. Line an oven tray with baking paper. Finely chop the **parsley** leaves, discarding the stems. Coarsely chop the **pistachios** and **pepitas**, then put in a plastic bag and crush with a rolling pin to form a fine crumb (see cooking tip). Add the parsley to the bag, season with **salt and pepper** and shake to combine.



### 4. Cook chicken

While the potatoes are cooking, cut the **chicken breast** into 2cm-thick strips. Add to the bag of **nut and seed crumb**, in small batches, then shake and press to evenly coat. Put the coated chicken on the lined tray, spray with **olive oil**, then bake for 10 mins or until golden and cooked through.



### 2. Brown potatoes

Halve the **potatoes**, or quarter if large. Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the potatoes, cut side down, turning occasionally, for 5 mins or until golden.



### 5. Make dressing

Meanwhile, combine **2 tsp extra virgin olive oil** and **1 tsp white wine vinegar** in a large bowl and season with **salt and pepper**. Thinly slice the **cucumber**.



### 3. Make stock

Meanwhile, crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve. Pour the stock into the pan and cook, covered, stirring occasionally, for 10-12 mins until the potatoes are tender.



### 6. Make salad

Add the **cucumber** and **rocket** to the **dressing** and toss to combine. Divide the **chicken, potatoes** and **salad** among plates and drizzle with any pan juices to serve.