



Pistachio-Crumbed Chicken

with Golden Potatoes and Rocket Salad



20-30min



4 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

- chicken-style stock cube
- 2 large free-range chicken breast fillets
- pepitas
- baby chat potato
- Lebanese cucumber
- pistachios ¹⁵
- rocket leaves
- parsley

What you'll require

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

Utensils

- baking paper
- large 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 550kcal, Fat 29.6g, Carbs 21.0g, Proteins 46.7g



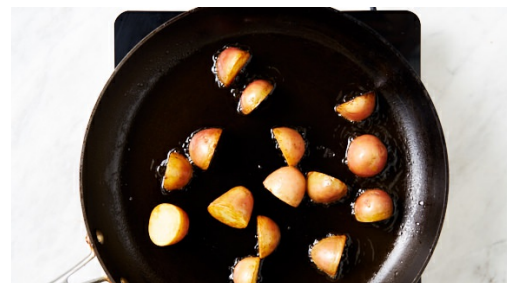
1. Prepare crumb

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 breasts** 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 **2 tbs olive oil** in a large frypan over medium heat. Cook the potatoes, cut side down, turning occasionally, for 5 mins or until golden.



5. Make dressing

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



3. Make stock

Meanwhile, crumble the **stock cubes** into a heatproof jug, add **180ml (¾ 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.