

HEALTHY

Smoky Pan-Seared Chicken

with Warm Vegetable Salad



20-30min



2 Portions

Bold flavours meet fresh veggie goodness in this satisfying, healthy dish. Corn, kale and potatoes, tossed with a quick onion pickle and a lemony dressing, make the perfect bed for chicken breast that's been slathered in smoked paprika and olive oil before cooking.

What we send

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- sugar

Utensils

- fine grater
- mandoline (optional)
- medium frypan
- small saucepan with lid

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

Cooking tip

Because half the garlic is being used raw, it needs to be finely minced; a little salt on the chopping board helps.

Allergens

Sulphites (17). May contain traces of other allergens.

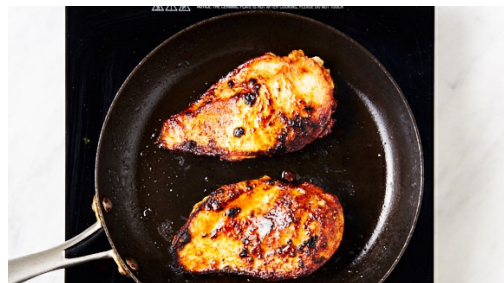
Nutrition per serving

Energy 545kcal, Fat 21.8g, Carbs 37.5g, Proteins 43.8g



1. Prepare vegetables

Read through the recipe. Finely grate the zest of **half the lemon**, then juice the lemon. Very thinly slice the **onion**, using a mandoline or sharp knife. Put onion, **2½ tsp lemon juice** and **½ tsp sugar** in a bowl. Set aside to pickle, tossing occasionally, until needed. Remove husk and silks from the **corn cob**. Discard the tough stems from **kale** and finely slice.



4. Cook chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Transfer to a plate and rest for 5 mins.



2. Cook vegetables

Chop **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Halve unpeeled **potatoes**. Put in a small saucepan, cover with cold water and bring to the boil. Reduce heat to medium and cook for 6 mins. Add **corn** and **kale** and cook for 1-2 mins until vegetables are tender. Drain. Cool slightly, then slice **corn kernels** from cob.



5. Make dressing

Remove the **onion** from the pickling liquid, reserving the pickling liquid. Add the **lemon zest, remaining lemon juice and garlic, 1 tbs extra virgin olive oil, 1 tsp Dijon mustard** to the pickling liquid, season with **salt and pepper** and whisk to combine.



3. Marinate chicken

Meanwhile, put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Combine **half the garlic, 1 tsp smoked paprika** (the remaining paprika won't be used in this dish) and **1 tbs olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat.



6. Get ready to serve

Put the **corn, kale, potatoes** and **onion** in a large bowl, add **half the dressing** and toss to combine. Thinly slice the **chicken**. Divide the **salad** and **chicken** among plates. Drizzle with the **remaining dressing** and any resting juices to serve.