



More than Food

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MAY 2016

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## Lemony Pan-Seared Chicken

with Pesto Potato Salad and Peas

Prepared pesto is one of our favourite shortcuts in the kitchen – it adds incredible flavour in no time at all. Tossed with sweet peas and crunchy pine nuts, it gives this potato salad serious oomph. A squeeze of lemon wakes the whole dish up.



Prep: 30 min



level 1



gluten free



Chicken Breasts



Yukon Potatoes



Pine Nuts



Pesto



Lemon



Peas



Green Onions

## Ingredients

	2 People	4 People
Chicken Breasts	2	4
Yukon Potatoes	1 pkg	2 pkgs
Pine Nuts	1) 1 pkg	2 pkgs
Pesto	1) 2) 1 pkg	2 pkgs
Lemon	1	1
Peas	1 pkg	2 pkgs
Green Onions	2	4
Oil*	1 tsp	2 tsp

\*Not Included

## Allergens

- 1) Tree Nuts/Noix
- 2) Milk/Lait

## Tools

Medium Pot, Slotted Spoon, Plastic Wrap, Large Pan, Strainer, Medium Bowl

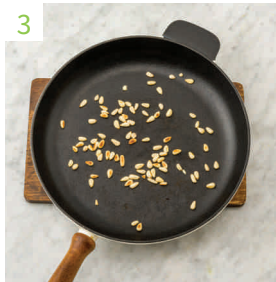
Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

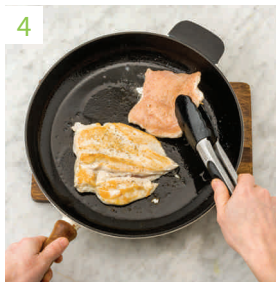
**Nutrition per person** Calories: 531 cal | Fat: 19 g | Sat. Fat: 2 g | Protein: 50 g | Carbs: 47 g | Sugar: 7 g | Sodium: 232 mg | Fiber: 10 g



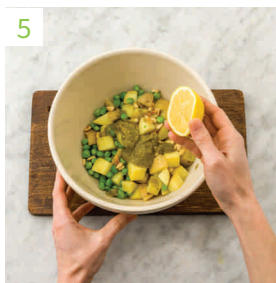
**1 Prep and boil the potatoes:** **Wash and dry all produce.** Cut the **potatoes** into  $\frac{3}{4}$ -inch cubes. Place the potatoes in a medium pot with enough water to cover and a large pinch of **salt**. Bring to a boil and cook for about 15 minutes, or until tender. While the potatoes cook, thinly slice the **green onions** and halve the **lemon**. When the potatoes are finished, remove them with a slotted spoon, but keep the water boiling on the stove for later.



**2 Butterfly the chicken:** Place your hand on top of the **chicken breast** and slice into the middle of the meat, parallel to the cutting board. Open up the chicken like a book and cover with a piece of plastic wrap. Pound with a large pan or mallet until  $\frac{1}{2}$ -inch thick. Season the chicken on all sides with **salt** and **pepper**. Repeat with the other chicken breast.



**3 Toast the pine nuts:** Heat a large pan over medium-low heat. Add the **pine nuts** and toss for 2-3 minutes, until toasted and fragrant. Remove from the pan and set aside.



**4 Sear the chicken:** Heat a drizzle of **oil** in the same pan over medium-high heat. Once hot, add the **chicken** to the pan and cook for 3-4 minutes per side, until golden brown and cooked through. Remove from the pan and set aside to rest.



**5 Make the pesto potato salad:** Add the **peas** to the boiling water and cook for about 2 minutes, until tender, drain. Combine the **peas, potatoes, scallions, pine nuts, pesto**, and a squeeze of **lemon** in a medium bowl. Toss, and season to taste with **salt** and **pepper**.

**6 Plate:** Thinly slice the **chicken** and serve on a bed of the **pesto potato salad**. Add another squeeze of **lemon**, if desired. Enjoy!