



Chicken in Hollandaise Sauce with parsley butter potatoes and salad

30 – 35 mins

16



Chicken Breast



Baby Potatoes



Parsley



Hollandaise Sauce



Salad Leaves



Balsamic Glaze



Tomato

Pantry Items: Butter, Oil, Salt, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Baby Potatoes	500 g	1000 g
Parsley	5 g	10 g
Hollandaise Sauce	100 g	200 g
Salad Leaves	40 g	80 g
Balsamic Glaze	1 sachet	2 sachets
Tomato	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	582 g	100 g
Energy (kJ/kcal)	2573.2 kJ/ 615 kcal	442.1 kJ/ 105.7 kcal
Fat (g)	26.5 g	4.6 g
Sat. Fat (g)	9.7 g	1.7 g
Carbohydrate (g)	54.2 g	9.3 g
Sugars (g)	9.5 g	1.6 g
Protein (g)	46 g	7.9 g
Salt (g)	1.1 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

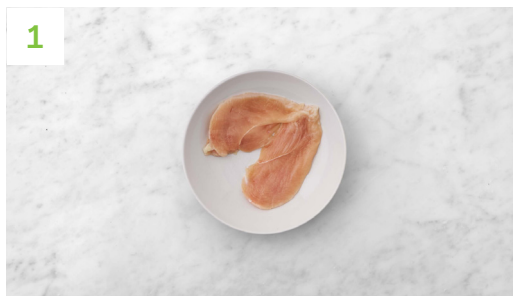
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Get Prepped

- Boil a large pot of **salted water** for the **potatoes**.
- Halve the **baby potatoes** (quarter larger potatoes).
- Chop the **tomatoes** into 2cm chunks.
- Place a hand on top of the **chicken** and slice horizontally to make two thin **steaks**. **IMPORTANT:** Wash hands and equipment after handling raw .

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Make the Dressing

- While the **chicken** cooks, add the **balsamic glaze** to a bowl along with 1 tbsp **oil** (per 2P).
- Mix together, season with **salt** and **pepper**, then set aside.
- Just before serving, toss the **salad leaves** and **tomato** through the dressing.



Boil the Potatoes

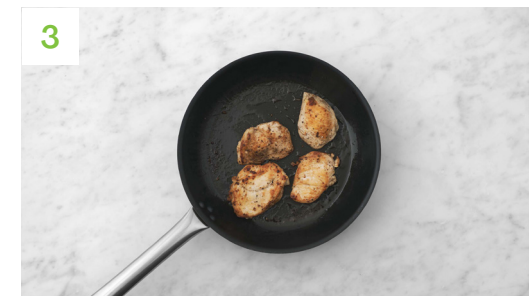
- When water is boiling, add the **potatoes**, lower the heat to medium and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Cover with a lid to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



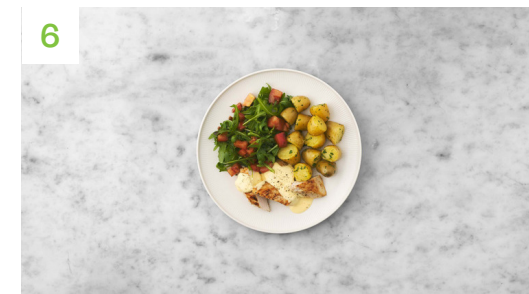
Finishing Touches

- Meanwhile, pour the **hollandaise** into a small pot and warm through over medium heat, 2-3 mins. Season to taste with **salt** and **pepper**.
- Roughly chop the **parsley** (stalks and all).
- When the **potatoes** are cooked and drained, add the **parsley** and 1 tbsp of **butter** (per 2P) to the pot.
- Toss together until the **butter** has melted. Season with **salt** and **pepper**.



Cook the Chicken

- Meanwhile, place a pan over high heat with a drizzle of **oil**.
- Once the pan is hot, add the **chicken** and season with **salt** and **pepper**.
- Cook through, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Serve and Enjoy

- When everything is ready, share the **chicken** between plates.
- Serve the **tomato** salad and **parsley butter potatoes** alongside.
- To finish, drizzle the **hollandaise sauce** over the **chicken**.

Enjoy!