




Parmesan crusted chicken breast

New season asparagus & crushed potatoes

 30 minutes

 Skill
Medium

 About
810

GATHER
YOUR **YELLOW**
INGREDIENTS



Ingredients

2

1 pkt
400g
1
1
100g
1
2

4

2 pkt
800g
2
2
200g
2
4

6

3 pkt
1.2kg
3
3
300g
3
6

 Serves

Herb & parmesan crust
Kipfler potatoes
Parsley bunch
Dijon mustard
Sour cream
Asparagus bunch
Chicken breast

Method

! Pre-heat oven to 180°C. Boil a kettle of water.

UTENSILS: Large frypan, two medium saucepans, medium mixing bowl



COOK THE POTATOES

Add the kipler potatoes into a medium saucepan, cover with cold water and place over a high heat. Bring to the boil, then immediately turn the heat down to a gentle simmer. Cook for 20 minutes. Remove from the heat, strain and set aside.



COOK THE CHICKEN

Place a large frypan over a high heat with 1 tbs of oil. Add the chicken breast skin side down and cook for 2-3 minutes. Transfer into the oven and cook for 20 minutes.



COOK THE CHICKEN

Remove from the oven, turn the chicken over and cover with dijon mustard. Sprinkle over the herb crust. Return to the oven for 5 minutes.



MIX THE POTATOES

Roughly chop the parsley. Add the cooked kiplers, sour cream and chopped parsley into a mixing bowl. Use a fork to crush the mix into small chunks.



COOK THE ASPARAGUS

Cook the asparagus in a saucepan of rapidly boiling water for 2 minutes over a high heat.



PLATE THE DISH

To plate the dish, divide the crushed potatoes, asparagus and chicken between plates.

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Wine Matching

Pair with a Victorian Pinot Grigio.