



Instead of stuffing chicken breasts with garlic butter, you'll be drizzling them with it!

Cooking Time: 40 min

Cals 1122 | Prot 62 | Carbs 109 | Fat 52

Tips For Fussy Eaters

Don't add the parsley to the butter but use it as a garnish instead, sparing any non-herb-enthusiasts!

Pro Tip

Make sure not to burn the butter or garlic! Low and slow works best here...

Ingredients	For 2	For 3	For 4	
Chicken				
Chicken breast	400	500	600	Grams
Plain flour	30	30	50	Grams
Eggs	1	1	2	Piece
Panko bread crumbs	90	120	180	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Vegetable oil	2	3	4	Tbsp
Garlic butter				
Garlic cloves	4	6	8	Piece
Fresh parsley	15	15	30	Grams
Salted butter	100	100	200	Grams
Mash				
Potatoes	600	900	1200	Grams
Whole milk	100	100	200	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Side				
Green beans	250	375	500	Grams



1 Prep vegetables

Preheat the oven to 200°C/180°C fan. Trim the **green beans**. Peel and finely chop the **garlic**. Finely chop the **parsley**. Peel and chop the **potatoes** into bite-size pieces.



2 Boil and mash potatoes

Add the **potatoes** to a pot of water with a large pinch of **salt**. Bring to a boil over a high heat and cook for 15-20 min until soft. Once soft, drain the **potatoes** and return them to the pan. Mash until smooth, slowly pouring in enough **milk** to reach the desired consistency. Season with **salt** and **pepper** and set aside, covered, until serving.



3 Bread chicken

Meanwhile, add the **flour**, **eggs** and **panko bread crumbs** to three separate bowls. Beat the **eggs**. Season the **flour** with **salt** and **pepper**. Pat the **chicken breasts** dry and turn them in the seasoned **flour**, then dip them in the beaten **eggs** and finally coat them in the **panko bread crumbs**.



4 Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the breaded **chicken breasts** and cook for 5-6 min on each side until golden. If the surface starts to brown too quickly, reduce the heat to low. (Option: you can finish cooking the **chicken** in the oven for 10 min.)



5 Boil green beans

Meanwhile, add the **green beans** to a pot with a pinch of **salt** and cover with boiling water. Cook the **beans** over a medium heat for 5 min until tender. Drain.



6 Make garlic butter

Meanwhile, heat a second pot or pan over a medium-low heat with the **butter** and chopped **garlic**. Once melted, add the chopped **parsley** and cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Serve the breaded **chicken** alongside the mash and **green beans**. Drizzle everything with the **garlic butter**.