

Sunny Chicken Pan

with Tomato Salad

hellóchef

Sun-dried tomatoes and Parmesan give all they've got into this creamy one-pan dish.

Cals 504 • Prot 59 • Carbs 22 • Fat 20

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pan	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Garlic cloves	2	3	4	Piece
Sun dried tomatoes	30	60	60	Grams
Parmesan 4*	30	45	60	Grams
Water	250	300	500	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Dried oregano	2	2	4	Grams
Black pepper	0.5	0.5	1	Tsp
Chilli flakes	2	2	4	Grams
Cooking cream 4*	100	200	200	ML
Fresh basil	15	15	15	Grams

Salad

Cherry tomatoes	150	250	300	Grams
Romaine lettuce	200	300	400	Grams
Olive oil	1	2	2	Tbsp
Balsamic vinegar 14*	15	22	30	ML
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	2102 / 504
Fat (g)	19.7
of which saturates (g)	12
Carbohydrate (g)	22
of which sugars (g)	12.6
Fiber (g)	6.1
Protein (g)	58.6
Salt (g)	2.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Peel and mince the **garlic**. Chop the **sun dried tomatoes** into very small pieces. Grate the **Parmesan**. Boil the **measured water** and dissolve the {0.5/1/1} **stock cube** in it.



2 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken** and fry with a pinch of **salt** for 4-5 min on each side until golden. Transfer to a plate and set aside. Reserve the pan.



3 Make sauce

Return the pan to a medium heat. Loosen any sticky bits from the bottom of the pan with a spatula. Add a second drizzle of **oil**, if needed. Add the **garlic** and **sun dried tomatoes** and stir for 1-2 min. Add the **stock, oregano, pepper** and a pinch of **chilli flakes (spicy!)** and bring to a simmer. Cover with a lid and simmer for 5-7 min.



4 Prep salad

Meanwhile, wash and dry the **cherry tomatoes** and the **Romaine lettuce**. Halve the **tomatoes** and chop the **lettuce**. Toss both in a bowl and set aside.



5 Finish

Return the **chicken** to the pan. Add the **cooking cream**. Simmer for a final 2-3 min until the sauce has thickened. Finally fold in the grated **Parmesan**.



6 Serve

Once ready to serve, season the salad with **olive oil, balsamic vinegar** and a pinch of **salt** and **pepper**. Garnish the **chicken** with the **fresh basil** leaves, a grind of **black pepper** and a pinch of **chilli flakes (spicy!)**.