

Feta and Chicken One-Pan

with Cherry Tomatoes and Asparagus

hellóchef

This recipe comes together in under 20 minutes and it's all cooked in 1 pan to ensure minimal washing up.

Cals 459 • Prot 57 • Carbs 19 • Fat 17

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🕒 cook: 20 min

R3459



Before you start

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

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Thick asparagus	250	375	500	Grams
Small zucchini	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Cherry tomatoes	150	250	300	Grams
Garlic powder	4	4	8	Grams
Water	150	225	300	ML
Butter 4*	20	30	50	Grams
Feta cheese 4*	75	100	150	Grams
Chilli flakes	2	2	4	Grams
Honey	15	15	30	Grams
Black pepper	0.5	0.5	1	Tsp

Allergens

*4 Milk

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)	1916 / 459
Fat (g)	17.3
of which saturates (g)	10.5
Carbohydrate (g)	19
of which sugars (g)	10.5
Fiber (g)	4.8
Protein (g)	56.8
Salt (g)	4.2

*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

Rinse the **asparagus** and remove its woody stems. Slice the **zucchini**. Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness.



2 Fry

Heat a non-stick pan with a lid over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken breasts** with a generous pinch of **salt**. Fry for 2 min on each side. Add the **cherry tomatoes, asparagus, zucchini, garlic powder** and **measured water**. Cover and simmer for 5 min or until the **chicken** is cooked through.



3 Add feta

Add the **butter** to the pan. Crumble the **feta** over the **chicken breasts** and top with the **chilli flakes (spicy!)**. Cover the pan and cook for 1 final min or until the **cheese** has melted.



4 Serve

Drizzle the **chicken** with the **honey**. Season the lot with **black pepper**. Evenly divide the **chicken, asparagus, zucchini** and **tomatoes** amongst plates and drizzle with any juices left in the pan.