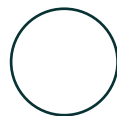




## Succulent Lemon Chicken with Pesto Potato Salad



This delicious dish features a Summer salad of Irish Maris Piper potatoes, green beans, and spring onions brought to life by The Happy Pear Lovely Basil Pesto. This serves as a bed for perfectly seared chicken, garnished with a squeeze of fresh lemon. Tweet or Instagram @TheHappyPear and say thanks for the fresh pesto they made just for us this week!

### Ingredients

- Chicken Fillet
- Green Beans
- Potato
- Lemon
- Spring Onion
- Happy Pear Pesto

### Your Pantry

- Olive Oil
- Salt & Pepper

### Nutritional Info

Calories: 537 kcal  
Carbohydrates: 54 g  
Protein: 31 g  
Fat: 22 g

### Allergens


Nuts (Cashews in pesto)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Prep and boil the potatoes**

Cut the potatoes into  $\frac{3}{4}$  inch cubes. Place them in a medium pot with enough water to cover them and some salt. Bring to a boil and cook for approximately 15 minutes.

### 2) **Prepare the vegetables**

While the potatoes cook, thinly slice the spring onion. Cut the green beans into 1 inch pieces. Halve the lemon. Put the green beans in a pot of boiling water and cook for 2 minutes and set aside.

### 3) **Butterfly the chicken**

Place your hand on top of the chicken fillet and slice into the middle of the meat, parallel to the chopping board. Open up the chicken like a book and cover with a piece of cling film. Pound a large pan or rolling pin on it until its  $\frac{1}{2}$  inch in thickness.

### 4) **Sear the chicken**

In a hot pan with a little oil, cook the chicken for 3-4 minutes each side, until golden brown and cooked through. Remove from the heat and rest.

### 5) **Make the pesto salad**

Combine the cooked potatoes, green beans, spring onion, pesto and some lemon juice and salt and pepper to taste.

### 6) **Plate the dish**

Thinly slice the chicken and serve on a bed of the pesto potato salad. Garnish with a squeeze of lemon juice if desired. Serve and enjoy!



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