






Cooking Made Easy

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Roman Chicken with Mashed Potato

People often say “when in Rome...” Well, to them we say “when not in Rome, you can still enjoy a mean Roman Chicken.” If I can give you one tip for this dish, it is to chop up that parsley and thyme nice and small - this will give the dish the herby flavour it deserves. Enjoy!



30 min



family box



gluten free



lactose free



Potato



Red Pepper



Yellow Pepper



Onion



Garlic Clove



Thyme



Flat Leaf Parsley




Chicken Breast




Organic Chopped Tomatoes

Ingredients

	2P	4P
Potato, chopped	-	4
Red Pepper, sliced	-	2
Yellow Pepper, sliced	-	2
Onion, sliced	-	2 cups
Garlic Clove, chopped	-	3
Thyme	-	3 sprigs
Flat Leaf Parsley, chopped	-	4 tbsp
Chicken Breast	-	4
Organic Chopped Tomatoes	-	2 tins

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens
N/A

Nutrition per serving: Calories: 567 kcal | Protein: 37 g | Carbs: 75 g | Fat: 12 g | Saturated Fat: 1 g



1 Put a large pot of water on medium heat and stir in $\frac{1}{2}$ tsp of salt. Peel and chop the potatoes into roughly 3cm chunks and place them in the water. Reduce the heat to a very gentle boil and leave them to cook for around 12-15 mins (until you can easily slip a knife through them) then drain.



2 Remove the core from the peppers and slice lengthways into thick ($\frac{1}{2}$ cm strips). Chop the onion in half lengthways through the root, peel it and then slice very thinly widthways into half moons. Peel and very finely chop the garlic, strip the leaves from the thyme and finely chop the parsley.



3 Heat 1 tbsp of olive oil in a non-stick frying pan on medium heat. Season each chicken breast on both sides with a good pinch of salt and a few grinds of black pepper. Place them in the hot pan and cook on both sides for 3 mins until golden, then remove them to a plate for later. **Tip:** *Make sure the pan is hot before they go in and only turn them once to get a nice brown colour.*



4 In the (now empty) frying pan add 1 tbsp of olive oil over

medium heat. Once hot add the onions and peppers with a pinch of salt and pepper. Cook for around 6 mins until soft before adding the thyme and garlic for another minute.

5 Your potatoes should be about ready by now. After draining them add 2 tsp of butter and a couple of tbsp of milk (if you have some) and a good pinch of salt and pepper. Mash with a masher or a fork then taste and add more seasoning, milk and butter if you need to. **Tip:** *You can keep it warm in the oven on 100 degrees.*

6 Add your chopped tomatoes to the frying pan, then refill the can by a quarter, swirl it around and add this too. Add a pinch of salt and pepper and bring the sauce to a gentle bubble. Add in the chicken breasts and leave to gently cook for around 5 mins (more if you need to bubble off the water in the sauce).

7 Once the sauce has thickened and the chicken is no longer pink in the middle, serve it on top of your mash with a good sprinkle of chopped parsley.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!