






More Than Food

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## Cheesy Courgette Chicken Gratin with Roasted New Potatoes

Life's most precious commodity is time, and tonight we want to make sure you've got more of it to do stuff that counts. That's why tonight's Quick Dish is big on flavour and nutrition but small on prep time. Get the oven pre-heating pronto, get a helper to grate the courgette and before you know it you'll be relaxing and reflecting on another homemade dinner well done.



35 mins



healthy



gluten free



family box



Courgette (2)



Boursin Cheese (4 tbsp)



New Potatoes (2 packs)



Chicken Breast (4)



Baby Spinach (1 bag)



Adesso Seville Orange & Honey Dressing (2 tbsp)

## Ingredients

	4 PEOPLE	ALLERGENS
Courgette, grated	2	
Boursin Cheese	4 tbsp	Milk
New Potatoes, quartered	2 packs	
Chicken Breast	4	
Baby Spinach	1 bag	
Seville Orange & Honey Dressing	2 tbsp	Sulphites

 Our fruit and veggies come fresh from the farm so give them a little wash before using

**LH** Step for little hands

### Did you know...

If garlic had been created in the laboratory instead of by nature, it would probably be a high price prescription drug. It's THAT good.

**Nutrition per serving:** Calories: 587 kcal | Protein: 50 g | Carbs: 50 g | Fat: 22 g | Saturated Fat: 6 g



**1** Pre-heat your oven to 200 degrees.

**2** Remove the ends of your courgettes, then coarsely grate.

**LH:** Remove some of the excess water out of the courgette by squeezing it between a few sheets of kitchen towel or a clean tea towel. Mix the courgette with 1 tbsp of oil, the boursin and ½ tsp of salt and pepper.

*potatoes to the bottom shelf whilst the chicken cooks.*



**3** Cut the new potatoes into quarters. Toss the potatoes in 2 tbsp of oil, lay on a baking tray and put on the top shelf of your oven for 25 mins until crispy.

**6 LH:** Toss the spinach leaves in your dressing.



**4** Sandwich your chicken breasts between two pieces of clingfilm (if you have some). Bash the chicken with a rolling pin until it is 1cm thick all over. **Tip:** If you don't have a rolling pin you can improvise with a heavy saucepan/cricket bat etc.

**7** Serve the crispy roasted potatoes with the courgette-topped chicken and a handful of the spinach salad.



**5** Pile the courgette mixture on top of each chicken breast. Put on a tray in the oven and cook for 15 mins until cooked through. Then pop them under a hot grill for a few mins until golden brown on top. **Tip:** You can move your

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