



Crispy Chicken in Roasted Garlic Butter Sauce with Cheesy Mash and Green Beans

Family 35-40 Minutes • 1 of your 5 a day

1



Chicken Breasts



Breadcrumbs



Mature Cheddar
Cheese



Potatoes



Green Beans



Garlic Clove



Echalion Shallot



Flat Leaf
Parsley



Cider Vinegar



Chicken Stock
Paste

Pantry Items

Oil, Salt, Pepper, Egg, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking paper, bowl, grater, baking tray, aluminium foil, frying pan, colander, potato masher, lid and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Chicken Breasts**	2	3	4
Breadcrumbs 13)	50g	75g	100g
Mature Cheddar Cheese** 7)	30g	40g	60g
Potatoes	450g	700g	900g
Green Beans**	80g	150g	150g
Garlic Clove**	3	4	6
Echalion Shallot**	1	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Cider Vinegar 14)	15ml	22ml	30ml
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Sauce*	100ml	150ml	300ml
Butter*	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	625g 3169/757	100g 507/121
Fat (g)	29.3	4.7
Sat. Fat (g)	15.8	2.5
Carbohydrate (g)	73.0	11.7
Sugars (g)	7.7	1.2
Protein (g)	55.9	8.9
Salt (g)	3.31	0.53

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).


Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Crumb the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Sandwich each **chicken breast** between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2 cm thick.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another bowl, season with the **salt** (see pantry for amount) and **pepper**.

Season the **chicken**, then dip it into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Set aside on a plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Bring on the Mash

While everything cooks, halve, peel and chop the **shallot** into small pieces. Roughly chop the **parsley** (stalks and all).

Return your frying pan to medium heat with a drizzle of **oil**. Once hot, add the **shallot** and cook until softened, 4-5 mins.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any), then add the **cheese** and mash until smooth. Season and cover with a lid to keep warm.



Get Prepped

Grate the **cheese**. Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Trim the **green beans**, then spread them out on a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then set aside.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Place it on the tray with the **beans**.

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Garlic Butter Sauce Time

Add the **cider vinegar** to the **shallot** pan and allow it to evaporate, then add the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil, then lower the heat and simmer for 2-3 mins.

Stir through the **butter** (see pantry for amount) until melted, 1 min.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir the **garlic** and **parsley** through the **butter sauce**.



Time to Fry

Meanwhile, pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to the **bean** baking tray and bake on the middle shelf of the oven until the **chicken** is cooked through and the **beans** are tender, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Discard the **oil** from the (now empty) frying pan.



Finish and Serve

Slice the **crispy chicken** widthways into thin slices and share between your plates.

Serve the **cheesy mash** and **green beans** alongside.

Spoon over your **roasted garlic butter sauce** to finish.

Enjoy!