



# Herby Breaded Chicken Breast

with Cheesy Mash, Garlicky Tenderstem® and Green Beans

47

Family 40-45 Minutes • 1 of your 5 a day



Breadcrumbs



Mixed Herbs



British Chicken Breasts



Mayonnaise



Potatoes



Green Beans



Tenderstem® Broccoli



Garlic Clove



Balsamic Vinegar



Grated Hard Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Olive Oil



## Before you start

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

## Cooking tools

Bowl, baking tray, saucepan, garlic press, frying pan, lid and colander.

## Ingredients

Ingredients	2P	3P	4P
Breadcrumbs <b>13</b>	10g	25g	25g
Mixed Herbs	1 sachet	1½ sachets	2 sachets
British Chicken Breasts**	2	3	4
Mayonnaise <b>8</b> <b>9</b>	32g	32g	64g
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	1	1	2
Balsamic Vinegar <b>14</b>	6ml	9ml	12ml
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	526g	100g
Energy (kJ/kcal)	2436 /582	463 /111
Fat (g)	20.6	3.9
Sat. Fat (g)	5.9	1.1
Carbohydrate (g)	54.8	10.4
Sugars (g)	5.7	1.1
Protein (g)	46.2	8.8
Salt (g)	1.76	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).


## Allergens

**7**) Milk **8**) Egg **9**) Mustard **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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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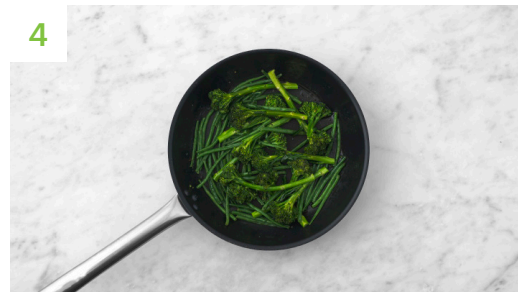
## Oh Crumbs

Preheat your oven to 220°C/200°C fan/gas mark 7.

In a small bowl, combine the **breadcrumbs**, **mixed herbs**, the **olive oil** and **salt for the crumb** (see pantry for amount). Season with **pepper** and mix well.

Pop the **chicken breasts** on a baking tray and season them. Spoon the **mayo** over the top of each **breast**.

Sprinkle over the **herby crumb** and press it down with the back of the spoon. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



## Bring on the Veg

Once the **oil** is hot, add the **green beans** and **broccoli** to the pan. Stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min more. Add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **veg** is tender, 4-5 mins, then stir through the **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Remove the pan from the heat.



## Roast the Chicken

When the oven is hot, roast the **chicken** on the top shelf until cooked through and golden on top, 25-30 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Meanwhile, put a large saucepan of **water** on to boil with ½ **tsp salt**.

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



## Mash Time

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) and mash until smooth. Season with **salt** and **pepper**, then stir through the **hard Italian style cheese**.



## Cook the Potatoes

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

While the **potatoes** cook, trim the **green beans**. Halve any thick **broccoli stems** lengthways.

Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat with a drizzle of **oil**.



## Serve

When everything's ready, serve the **herby breaded chicken** with the **mash** and **garlicky veg** alongside, drizzling over any **balsamic dressing** from the pan.

## Enjoy!