Crispy Chicken Breasts and Spiced Chips

with Guinness® Sauce and Fresh Green Salad

High Protein New 40 - 45 Minutes

43

Potatoes

Savoury Seasoning

Skin-On British Chicken Breasts

Guinness® Paste

Apple

Cider Vinegar

Baby Leaf Mix

Aioli

Cooking Tools

Baking Trays, Bowls, Frying Pan and Small Saucepan

Ingredients

Ingredients	2P	3P	4P
Potatoes** (g)	450	700	900
Savoury Seasoning (sachet(s)) **13) 15)**	1	2	2
Skin-On British Chicken Breasts** (unit(s))	2	4	4
Guinness® Paste (g) **16) 13) 11) 15)**	40	60	80
Apple** (unit(s))	1	1.5	2
Cider Vinegar (ml) **14)**	15	22.5	30
Baby Leaf Mix** (g)	50	70	100
Aioli (g) **8) 9)**	50	75	100
Pantry	**2P**	**3P**	**4P**
Olive Oil for the Dressing*(tbsp)	1	1.5	2
Butter*(g)	15	25	30
Plain Flour*(tbsp)	1	1.5	2
Sugar*(tsp)	0.5	0.8	1
Water for the Sauce*(ml)	200	300	400
Sugar for the Dressing*(tsp)	1	1.5	2

*Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	680g	100g
Energy (kJ/kcal)	3335/797	493/118
Fat (g)	34.1	5
Sat. Fat (g)	8	1.2
Carbohydrate (g)	67.5	10
Sugars (g)	14.8	2.2
Fibre (g)	6.4	0.9
Protein (g)	50.3	7.4
Salt (g)	3.06	0.45

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

Allergens

8) Egg **9)** Mustard **11)** Soya **13)** Cereals containing gluten **14)** Sulphites **15)** Wheat **16)** Barley

Please note: boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.
Remember to check packaging for the most up-to-date information and allergens.

Use separate utensils for raw and cooked meat (or wash between). Rinse fruit and veg before use. Wash hands before and after prep. Some of our products are previously frozen. Please ensure they are fully defrosted before cooking. Ingredients in red are hot.

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1

Get Started

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **savoury seasoning**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. TIP: *Use two baking trays if necessary.*

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

2

Prep the Chicken

Meanwhile, halve the **chicken breasts** lengthwise down the middle to create two equal-sized, skin-on breasts. TIP: *Slice the chicken apart carefully to ensure the skin remains intact.* IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging.*

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

3

Fry the Chicken

Once the **oil** is hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**. TIP: *Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.*

Fry until golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to a baking tray, skin-side up, sprinkle over the remaining **savoury seasoning** and roast on the top shelf until cooked, 12-15 mins. IMPORTANT: *The chicken is cooked when no longer pink in the middle.*

4

Make the Guinness® Sauce

While everything bakes, pop a small saucepan on medium-high heat and add the **butter** (see pantry for amount). Melt the **butter** gently, then stir in the **flour** (see pantry for amount). Continue to stir until combined - you've made a **roux**!

Cook, stirring, until the **roux** is a medium brown colour, 2-3 mins.

Gradually stir in the **sugar** and **water for the sauce** (see pantry for both amounts), then stir in the **Guinness® paste** and bring to the boil, stirring out any lumps that form.

Lower the heat and simmer, stirring occasionally, until the **sauce** has thickened to your liking, 5-6 mins.

5

Final Touches

Meanwhile, quarter, core and thinly slice the **apple** (no need to peel).

In a medium bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

When everything's ready, add the **apple** and **baby leaves** to the bowl of **dressing** and toss together.

6

Serve

Share the **chicken breasts** between your serving plates.

Serve the **baby leaf salad** and **chips** alongside with the **aioli** for dipping.

Spoon the **Guinness® sauce** over the **chicken** to finish.

Enjoy!