

ALMOND CHICKEN ESCALOPES

with Sweet Potato Mash and Broccoli





HELLO ALMONDS

There are two main types of almonds. One variety is sweet almonds, which are edible and the other is bitter almonds, which are used for almond oil.



Flat Leaf Parsley

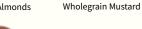


Chicken Breast





Flaked Almonds







Broccoli Florets





2 of your 5 a day

A crunchy, golden outer coating of almonds, parsley and mustard makes these chicken escalopes the perfect midweek meal to look forward to. Keeping things simple, we've served the chicken alongside sweet potato mash and roasted broccoli for extra veggie goodness.



START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Saucepan, some Baking Paper, two Baking Trays and a Potato Masher. Now, let's get cooking!



■ PREP TIME

Preheat your oven to 200°C. Put a large saucepan of water with a pinch of salt on to boil. Finely chop the **parsley** (stalks and all). Lay one **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other **breasts**. **9** *IMPORTANT*: Remember to wash your hands and equipment after handling raw meat.



2 MAKE THE CRUST
In a small bowl, mix the parsley,
almonds, half the mustard and a pinch of salt
and pepper. Lay the butterflied chicken out
flat on a large baking tray, season with salt
and pepper then spread the mayo over each
breast. Cover with the almond mix. Press
down to make sure it sticks to the chicken.

Bake on the top shelf of your oven until cooked

is cooked when it is no longer pink in the middle.



Place the **broccoli** florets on a lined baking tray. Drizzle with a little **oil** and a pinch of **salt** and **pepper** and place on the middle shelf of your oven. Cook for 15-18 mins. Meanwhile, peel and chop the **sweet potato** into 2cm chunks. Add the **potato** to the pan of boiling **water** and cook until tender, 15 mins. **TIP:** The potato is cooked when you can easily slip a knife through. When cooked,

drain in a colander and return to the pan, off

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

2) Nut 8) Egg 9) Mustard

Sweet Potato

NUTRITION PER PER SERVING PER UNCOOKED INGREDIENT 599G 100G 669 112 Energy (kcal) (kJ) 2797 467 24 Fat (g) 3 Sat. Fat (g) Carbohydrate (g) 67 11 20 3 Sugars (g) Protein (g) 49 8 0.84 0.14 Salt (g)

INGREDIENTS

1 bunch

1 bag

1 pot

1

sachet

1 small

pack

1 large

1 bunch 1 bunch

2 bags

1½ pots

11/2

sachets

1 medium

pack

2 large

4

2 bags

2 pots

2

sachets

1 large

pack

2 large

•••••



Mash the cooked sweet potato with the remaining mustard and a good pinch of salt and pepper. Taste to check for seasoning, then divide between the plates.



PLATE UP
Remove the chicken and broccoli
from the oven, and place the chicken on
top of the mash, with a portion of roasted
broccoli alongside.



GET EATINGTuck in and enjoy!

the heat.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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You made this, now show it off! Share your creations with us:



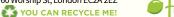






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Wow, look what you have made! Give yourself a moment to feel proud. Share the feeling with a friend or post a photo. Now enjoy your delicious creation.