



# Cheese and Caramelised Onion Chicken

with Garlic Mash and Stir-Fried Green Beans

Calorie Smart **Eat Me Early** • 40 Minutes • Under 600 Calories

24



Potatoes



Green Beans



Cheddar Cheese



Onion Marmalade



Garlic Clove



Chicken Breast



Mayonnaise

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan (with Lid), Grater, Bowl, Clingfilm, Colander, Frying Pan and Baking Tray.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Green Beans**	150g	200g	300g
Cheddar Cheese**	30g	45g	60g
7)			
Onion Marmalade	40g	60g	80g
Garlic Clove**	2	3	4
Chicken Breast**	2	3	4
Mayonnaise 8)	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>516g</b>	<b>100g</b>
Energy (kJ/kcal)	2134/510	414/99
Fat (g)	13	3
Sat. Fat (g)	5	1
Carbohydrate (g)	51	10
Sugars (g)	10	2
Protein (g)	49	10
Salt (g)	0.69	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

## Allergens

7) Milk 8) Egg

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

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

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Bring a medium saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp** of **salt**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **green beans**. Grate the **cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up. Peel the **garlic cloves**.



## Grill Time

Once browned, transfer the **chicken** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the top of each **chicken breast**, using a spoon to spread it out. Divide the **cheese** between the tops of the **breasts**, pressing it down with the back of a spoon. Heat your grill to high. When hot, grill the **chicken** until the **cheese** is golden and bubbly, 3-5 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* Allow to rest for 2 mins before serving.



## Flatten the Chicken

Sandwich each **chicken breast** between two pieces of clingfilm. Flatten the **chicken** with a rolling pin or the bottom of a saucepan until it is 2cm thick all over. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.* Once the **water** is boiling, add the **potatoes** and **garlic cloves** and cook until tender, 15-20 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through them.* Once cooked, drain in a colander, then pop the **potatoes** and **garlic** back into the pan and cover with a lid to keep warm.



## Fry the Beans

While the **chicken** is grilling, pop your (now empty) frying pan back on medium-high heat and add a drizzle of **oil**. Once the pan is hot, add the **green beans**, season with **salt** and **pepper** and stir-fry until starting to char, 2-3 mins. Turn the heat down to medium then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



## Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Once the pan is hot, lay in the **chicken** and fry until golden brown, 5-7 mins each side. **TIP:** *When your chicken is ready to be turned, it will release easily from the pan.*



## Finish and Serve

Meanwhile, add a knob of **butter** and splash of **milk** (if you have any) to the potato pan. Mash with the **garlic** until smooth. Season with **salt** and **pepper**. Once everything is ready, serve the **chicken** with the **garlic mash**, **green beans** and a dollop of **mayo** alongside.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.