



CHEESY BAKED CHICKEN

with Broccoli Mash and Green Beans



HELLO CRÈME FRAÎCHE

Originating in Normandy, France, crème fraîche is used in both hot and cold dishes as its richness means it doesn't curdle when heated.



Potato



Broccoli



Spring Onion



Chicken Breast



Crème Fraîche



Italian Style Grated Hard Cheese



Panko Breadcrumbs

MEAL BAG
GFI

Hands on: **25 mins**
Total: **40 mins**

1.5 of your
5 a day

Family Box

Every now and again we all crave a bit of comfort food and this recipe is the perfect thing to rustle up mid-week when you're longing for the weekend and needing a bit of motivation to get you out of the weekday slump. Crispy, golden and gooey chicken is served alongside a creamy broccoli flavoured mash and simple stir-fried green beans finish off this well balanced dish.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Clingfilm**, **Rolling Pin**, **Colander**, **Baking Tray**, **Foil**, **Potato Masher** and **Frying Pan**. Now, let's get cooking!



1 COOK THE POTATO

Pre-heat your oven to 200°C. Put a large saucepan of **water** with a pinch of **salt** on to boil. Chop the **potato** into 2cm chunks (no need to peel). Add the **potato** into the pan and cook until tender, 20-25 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Meanwhile, chop the **broccoli** into florets (little trees!) and put on a lined baking tray. Drizzle with **oil**, **salt** and **pepper** and toss well.



4 BAKE THE CHICKEN

Next, spoon the **breadcrumbs** onto each **breast**, pressing lightly to make sure they stick. Bake on the top shelf of your oven until the **crumbs** are golden and the **chicken** is cooked through, 15-20 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Pop the broccoli tray on the middle shelf of the oven and roast until tender, 15 mins.



2 PREP THE CHICKEN

Put the **chicken breasts** between two pieces of clingfilm and bash with a rolling pin or saucepan until 2cm thick. Lay the **chicken** on another foil-lined baking tray. **! IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.*



5 MASH!

Trim and finely slice the **spring onion** then do any washing up that needs doing. When the **potato** is cooked, drain in a colander and return to the pan, off the heat. Add a pinch of **salt**, **pepper** and a knob of **butter** (if you have some) and mash with a potato masher. Stir through the **spring onion** then cover with a lid to keep warm.



3 PREP THE CHEESE MIXTURE

Put the **crème fraîche** in a small bowl. Add the **cheese** and a pinch of **salt** and **pepper**. Stir together well. In another small bowl, mix the **panko breadcrumbs** with the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Spoon equal amounts of the **cheese mixture** onto each **chicken breast** then spread with a knife to coat the breast.



6 FINISH AND SERVE

Remove the **chicken** and **broccoli** from the oven when ready. Share the **mash** between your plates and serve the **chicken** and **broccoli** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1	1 pack	2 packs
Broccoli *	1	1½	2
Spring Onion *	1	2	2
Chicken Breast *	2	3	4
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Panko Breadcrumbs 13)	30g	50g	60g
Olive Oil *	2 tbsps	3 tbsps	4 tbsps

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 587G	PER 100G
Energy (KJ/ kcal)	3065/ 733	522/ 125
Fat (g)	35	6
Sat. Fat (g)	14	2
Carbohydrate (g)	54	9
Sugars (g)	7	1
Protein (g)	58	10
Salt (g)	0.74	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

🧼 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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