



Cheesy Chicken in Tomato Sauce and 'Starchips' with Garlicky Green Beans

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

7



Potatoes



Chicken Fillet



Green Beans



Echalion Shallot



Garlic Clove



Mature Cheddar Cheese



Tomato Passata



Chicken Stock Paste

Disney • PIXAR
LIGHTYEAR
IN CINEMAS JUNE 17



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

Before you start

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

Cooking tools

Baking tray, ovenproof dish, garlic press, grater, frying pan, aluminium foil and lid.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Fillet**	2	3	4
Green Beans**	150g	200g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	45g	60g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	612g	100g
Energy (kJ/kcal)	2036 / 487	333 / 80
Fat (g)	9.7	1.6
Sat. Fat (g)	4.4	0.7
Carbohydrate (g)	49.8	8.2
Sugars (g)	8.7	1.4
Protein (g)	51.0	8.3
Salt (g)	1.82	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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, milk, egg, mustard, celery, soya, 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.

Contact

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1



Get Set for Adventure

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** lengthways into 1cm slices (no need to peel). Use a knife or cookie cutter to make a few '**starchips**', then chop the rest into 1cm wide **chips**. Pop your **starchips** and **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

Space Ranger Mission: New stars have been discovered in the galaxy! Little space rangers can help stamp out the 'starchips' with a star-shaped cookie cutter - you can even use different sized cutters to make a whole constellation.

4



Make the Tomato Sauce

Add the **passata** and **chicken stock** to the pan and stir to combine. Bring to a boil until thickened and reduced by half, 4-5 minutes. Taste and season with **pepper** and a pinch of **sugar** if you'd like. When the **chicken** is cooked and the **sauce** has thickened, pour the **tomato sauce** over the **chicken** and sprinkle with the **cheese**. Return to the oven to bake until the **cheese** has melted, 3-5 mins. Remove from the oven once ready and cover with foil. Set aside to rest for a couple of mins.

2



Roasting Time

Lay the **chicken** into an ovenproof dish, drizzle with **oil** and season with **salt** and **pepper** if you'd like. When the oven is hot, roast the **chicken** on the middle shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle. Pop the **chips** on the top shelf to roast until golden, 30-35 mins. Turn halfway through.

5



Beany Blast Off

Meanwhile, wipe out the frying pan and pop back on medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then remove from the heat.

3



Chop Chop

Meanwhile, trim the **green beans**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**. Heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **shallot** and cook until softened, 3-4 mins. Stir in **half** the **garlic** and cook for 1 min more.

6



Starchips have Landed!

Share the **cheesy chicken and tomato sauce** between your plates. Plate up the **green beans** and **chips** alongside, then finish with the **starchips** to make dinner out of this world!

Enjoy!

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