



Chicken and Butter Bean Cassoulet

with Green Beans, Pesto and Rocket

Summer Taste Tour 35-40 Minutes

5



Garlic Clove



Chicken Fillet



Green Beans



Medium Tomato



Butter Beans



Tomato Puree



Chicken Stock Paste



Fresh Pesto



Rocket

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Garlic press, bowl, frying pan, sieve, colander, baking tray, kettle and saucepan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Chicken Fillet**	2	3	4
Green Beans**	80g	150g	150g
Medium Tomato	1	2	2
Butter Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Fresh Pesto** 7)	32g	50g	64g
Rocket**	20g	40g	40g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 409g	Per 100g 100g
Energy (kJ/kcal)	1618 /387	396 /95
Fat (g)	10.8	2.7
Sat. Fat (g)	2.4	0.6
Carbohydrate (g)	20.3	5.0
Sugars (g)	6.1	1.5
Protein (g)	47.2	11.6
Salt (g)	1.88	0.46

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

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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Bring on the Chicken

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

Peel and grate the **garlic** (or use a garlic press).

Pop the **chicken** into a bowl with a drizzle of **oil** and **half the garlic**. Season with **salt** and **pepper** and mix together. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Add the Flavour and Simmer

Stir in the **sugar** and **water for the sauce** (see ingredients for both amounts), **chicken stock paste** and **butter beans**. Bring to the boil, then lower the heat and simmer until thickened, 6-8 mins.

Meanwhile, pour the **boiled water** from your kettle into a saucepan with **½ tsp salt** on high heat.

Bring back to the boil, then add the **green beans** and cook until just tender, 4-6 mins. Drain in a colander.



Cook and Prep

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

Once hot, lay the **chicken** into the pan and cook until browned, 3-5 mins each side.

Meanwhile, trim and halve the **green beans**. Cut the **tomato** into 1cm pieces. Drain and rinse the **butter beans** in a sieve.

Once browned, transfer the **chicken** to a baking tray and roast on the top shelf of your oven until cooked through, 10-15 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Cassoulet Time

Once the **sauce** has thickened, stir in the **tomato chunks**, **cooked green beans** and **half the pesto**.

Remove from the heat, then taste and season with **salt** and **pepper** if needed.

Once the **chicken** is cooked, add it to the **cassoulet sauce** and turn to coat well.



Start your Sauce

Meanwhile, boil a half-full kettle for the **green beans**.

Wipe out the (now empty) frying pan and pop it back onto medium heat with a drizzle of **oil**.

Once hot, add the **tomato puree** and remaining **garlic**. Stir-fry for 30 secs.



Finish and Serve

Spoon the **chicken and butter bean cassoulet** into your serving dishes.

Drizzle over the remaining **pesto**. **TIP:** *Loosen it with a little oil or water to make it easier to drizzle.*

Serve the **rocket** on the side drizzled with a little **oil** and seasoned with **salt** and **pepper**.

Enjoy!