



Chicken and Plum Sauce

with Mash and Garlicky Cabbage

FAMILY Hands On Time: 20 Minutes • Total Time: 30 Minutes • 1.5 of your 5 a day

Nº 9



Plum



Garlic Clove



Potato



Spring Onion



Skin-on
Chicken Breast



Sliced Savoy
Cabbage



Honey



Chicken Stock
Powder

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Large Frying Pan, Baking Tray and Measuring Jug.

Ingredients

	2P	3P	4P
Plum**	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Potato**	1 small pack	1 large pack	2 small packs
Spring Onion**	1	2	2
Skin-on Chicken Breast**	2	3	4
Savoy Cabbage**	1 large pack	2 small packs	2 large packs
Honey	1 sachet	2 sachets	2 sachets
Water for the Plum Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	550g	100g
Energy (kJ/kcal)	1952/467	355/85
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	55	10
Sugars (g)	15	3
Protein (g)	46	8
Salt (g)	0.95	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Halve the **plums**, remove the stone and chop each half into 4 pieces. Peel and finely chop the **garlic** (or use a garlic press). Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **spring onion** and thinly slice. Season the **chicken breasts** with **salt and pepper**. **IMPORTANT: Wash your hands after handling raw meat.**



4. Plum Time!

Pop your pan back on medium high heat and add a knob of **butter** (if you have it). Let it gently melt. If you don't have any **butter** use a drizzle of **oil** instead. Add the **plums** to the pan and fry, stirring frequently, until they begin to colour, 2-3 mins. Add the **honey** to the pan, stir and cook for 1 minute, then stir in the **water** (see ingredients for amount) and the **chicken stock powder**. Bring to the boil, reduce the heat and simmer until the **sauce** is sticky and the **plums** softened, 2-3 mins.



2. Cook the Chicken

Add the **potatoes** to the boiling **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Once hot, lay the **chicken breasts** in the pan skin side down, fry until golden, 4-5 mins. Turn them over and cook for 1-2 mins on the flesh side. Transfer them to a baking tray, skin side up. Pop into your oven and roast until golden brown and cooked through, 15-20 mins. **IMPORTANT: Wash your hands after handling raw meat.**



5. Mash the Potatoes

Once the **chicken** is cooked, remove from the oven, and allow to rest for a couple of mins on a board. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt and pepper** and stir in the **spring onion**. Cover with a lid to keep warm.



3. Cook the Cabbage

Add a little more **oil** to the frying pan (no need to wash) and pop back on medium high heat. Once hot, add the **savoy cabbage** and season with **salt and pepper**. Stir fry until slightly softened, 3-4 mins. Add the **garlic** and fry for a minute more. Add a splash of **water**, stir and reduce the heat to medium. Cover the pan with a lid and cook until the **cabbage** is tender, 2-3 more mins. Pop into a bowl and cover with tin foil to keep warm.



6. Finish and Serve

Taste the **plum sauce** and add **salt and pepper** if you feel it needs it, add a splash of **water** if it's a bit thick. Thinly slice the **chicken**. Serve the **garlicky cabbage** and **potatoes** on plates with the **plum sauce** alongside, topped with the **chicken**.

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.