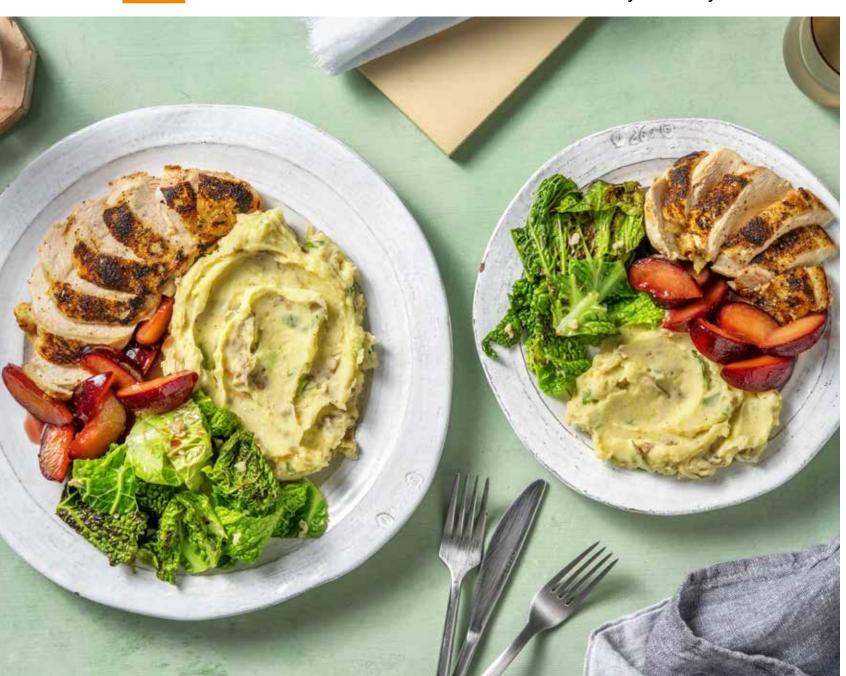


# **Chicken and Plum Sauce**

with Mash and Garlicky Cabbage

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







Plum







Potato



Spring Onion

tato



Skin-on Chicken Breast



Honey



Sliced Savoy Cabbage



nicken Stock Powder

# Before you start

Our fruit, veggies and herbs need a wash before vou 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

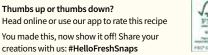
Nutrition for uncooked ingredients based on 2 person recipe.

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.



## 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.



# 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.



#### 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.



## 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.



## 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.