



Chicken Forestiere in Mushroom Sauce with Mashed Potatoes and Garlic Cavolo Nero

27

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Echalion Shallot



Garlic Clove



Chicken Breast Skin-on



Chopped Cavolo Nero



Sliced Mushrooms



Chicken Stock Paste



Creme Fraiche

Before you start

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

Cooking tools

Saucepan, garlic press, frying pan, baking tray, colander, lid, bowl and potato masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Chicken Breast Skin-On**	2	3	4
Chopped Cavolo Nero**	100g	150g	200g
Sliced Mushrooms**	120g	180g	240g
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	2228 /533	393 /94
Fat (g)	20.1	3.6
Sat. Fat (g)	9.5	1.7
Carbohydrate (g)	43.9	7.8
Sugars (g)	5.4	1.0
Protein (g)	46.3	8.2
Salt (g)	1.19	0.21

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

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.

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1 Get Prepped

Preheat your oven to 200°C. Bring a large saucepan to the boil with **water** to the boil with **½ tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



4 Cavolo Nero Time

While the **potatoes** boil, pop the (now empty) **chicken** pan back on medium-high heat with a drizzle of **oil** if the pan is dry. **TIP: Discard any tough stalks from the cavolo nero.**

Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins. Remove the lid, add the **garlic** and stir-fry for 1 min more.

Season to taste with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.



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2 Cook the Chicken

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

Once the **oil** is hot, lay in the **chicken breasts**, skin-side down. Season with **salt** and **pepper**. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to a baking tray, skin-side up, then roast on the top shelf of your oven until cooked through, 18-25 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.**



5 Make the Sauce

Pop your (now empty) pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **mushrooms** and fry until starting to brown, 4-5 mins. Add the **shallot** and and cook until softened, 2-3 mins.

Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to the boil. Simmer until reduced by half, 2-3 mins.

Stir in the **creme fraiche**, bring back to the boil, then remove from the heat. Taste and season if necessary.



3 Boil the Potatoes

Meanwhile, when your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Once cooked, drain in a colander and return to the pan, off the heat. Cover with a lid to keep warm.



6 Finish and Serve

Once the **chicken** is cooked, transfer to a board and leave to rest for a couple of mins.

Add a knob of **butter** and a splash of **milk** (if you have any) to the **cooked potatoes** and mash until smooth. Season with **salt** and **pepper**.

When ready, thinly slice the **chicken** widthways and transfer to your plates. Serve with the **mash** and **cavolo nero** alongside.

Spoon the **mushroom sauce** over to finish.

Enjoy!