



# Chicken in Creamy Peppercorn Sauce with Mash and Roasted Chantenay Carrots

Calorie Smart 45 Minutes • Little Spice • 1 of your 5 a day • Under 600 calories



Chantenay Carrot



Potatoes



Chicken Breast



Echalion Shallot



Garlic Clove



Cracked Black Pepper



Apple Cider Vinegar



Chicken Stock Paste



Creme Fraiche

## Before you start

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

## Cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan, Garlic Press and Sieve.

## Ingredients

	2P	3P	4P
Chantenay Carrot**	250g	375g	500g
Potatoes**	450g	700g	900g
Chicken Breast**	2	3	4
Echalion Shallot**	1	1	2
Garlic Clove**	1	1	2
Cracked Black Pepper	1 sachet	2 sachets	2 sachets
Apple Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Water for the Sauce*	75ml	100ml	125ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** <b>7</b>	75g	100g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>590g</b>	<b>100g</b>
Energy (kJ/kcal)	2193 /524	372 /89
Fat (g)	16	3
Sat. Fat (g)	8	1
Carbohydrate (g)	52	9
Sugars (g)	12	2
Protein (g)	46	8
Salt (g)	1.16	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

**SmartPoints® values based on low-cal cooking spray oil.**

## Allergens

7) Milk 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

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## Get Your Carrots On

Preheat your oven to 200°C. Put a large saucepan of **water** with  $\frac{1}{2}$  **tsp salt** on to boil for the **potatoes**. Trim and halve the **carrots** lengthways (no need to peel). Place them onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then roast on the top shelf of your oven until golden and tender, 20-25 mins. Turn halfway through cooking. Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel).



## Prep the Sauce

Meanwhile, halve, peel and thinly slice the **shallot** on a clean chopping board. Peel and grate the **garlic** (or use a garlic press). Wipe out your (now empty) frying pan and pop it on medium heat.



## Butterfly the Chicken

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, lay your **chicken breast** on your chopping board, place your hand flat on top and slice into it from the side until there is 2cm left (be careful not to slice all the way through). Open it up like a book. Repeat for the other breast. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



## Make the Sauce

Add a drizzle of **oil** to the frying pan, then add the **shallot** and cook until soft, 3-4 mins. Add the **cracked black pepper** and stir in the **cider vinegar**. Allow the **vinegar** to bubble away completely. Stir in the **water** (see ingredients for amount) and **stock paste** and allow it to reduce until thickened, 2-3 mins. Stir in the **creme fraiche**, then take off the heat.



## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, lay the **chicken** in the pan, and cook until browned, 3-4 mins each side. Transfer the **chicken** to one side of the **carrot** baking tray and roast on the top shelf of your oven until the **chicken** is cooked, 5-6 mins. Once cooked, remove to a plate, cover to keep warm and allow to rest. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Mash, Finish and Serve

Once the **potatoes** are cooked, drain in a sieve 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**. Meanwhile, reheat the **sauce** (if needed) and add a splash of **water** if it has become too thick. Serve the **chicken** drizzled with the **peppercorn sauce** and the **mash** and **carrots** alongside.

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.