

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







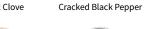
Echalion Shallot

Chicken Breast





Garlic Clove





Apple Cider Vinegar



Chicken Stock Paste



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you

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 14)	1 sachet	1 sachet	2 sachets	
Water for the Sauce*	75ml	100ml	125ml	
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	590g	100g
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 yeg: 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

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HelloFresh UK

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Get Your Carrots On

Preheat you oven to 200°C. Put a large saucepan of water with 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).



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.



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.



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.



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.



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.