



Chicken in Creamy Peppercorn Sauce with Mash and Roasted Chantenay Carrots

24

Calorie Smart 40 Minutes • Mild 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, Aluminium Foil, Garlic Press, Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Chantenay Carrot**	225g	337g	450g
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
Crème Fraiche** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	2194/524	380/91
Fat (g)	16	3
Sat. Fat (g)	9	1
Carbohydrate (g)	52	9
Sugars (g)	13	2
Protein (g)	46	8
Salt (g)	1.13	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints® 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Roast the Carrots

Preheat your oven to 200°C. Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**. Trim and halve the **carrots** lengthways (no need to peel), then pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread them out in a single layer. When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through. Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).



Prep the Sauce

Meanwhile, halve, peel and thinly slice the **shallot** on another chopping board. Peel and grate the **garlic** (or use a garlic press). Wipe out your (now empty) frying pan and return to medium heat with a drizzle of **oil**.



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 a **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 **breasts**.

IMPORTANT: Wash your hands after handling raw chicken and its packaging.



Make the Sauce

When the pan is hot, add the **shallot** and cook until soft, 3-4 mins. Add the **garlic** and stir-fry until fragrant, 30 secs. Add the **cracked peppercorns** and stir in the **cider vinegar**. Allow the **vinegar** to evaporate completely. Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**. Allow it to reduce until thickened, 2-3 mins. Stir in the **crème 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 **butterflied chicken** into the pan and cook for 3-4 mins on 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, transfer to a plate and cover with foil to keep warm as it rests. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Mash, Finish and Serve

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 to taste with **salt** and **pepper**. Meanwhile, reheat the **sauce** and add a splash of **water** to loosen (if needed). Serve the **chicken** drizzled with the **peppercorn sauce** and with the **mash** and **carrots** alongside.

Enjoy!

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7-15



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.