



Chicken in Creamy Peppercorn Sauce

with Mash and Roasted Chantenay Carrots

Family 40 Minutes • Mild Spice • 1 of your 5 a day

10



Chantenay Carrot



Potatoes



Chicken Breast



Red Onion



Garlic Clove



Cracked Black Pepper



Apple Cider Vinegar



Chicken Stock Powder



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, baking tray, frying pan, plate, garlic press, colander and potato masher.

Ingredients

	2P	3P	4P
Chantenay Carrot**	225g	450g	450g
Potatoes**	450g	700g	900g
Chicken Breast**	2	3	4
Red Onion**	½	1	1
Garlic Clove**	1	1	2
Cracked Black Pepper	2 sachets	3 sachets	4 sachets
Apple Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Chicken Stock Powder	1 sachet	1 sachet	2 sachets
Water for the Sauce*	75ml	100ml	125ml
Crème Fraîche** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	2223 /531	385 /92
Fat (g)	16	3
Sat. Fat (g)	8	2
Carbohydrate (g)	55	10
Sugars (g)	13	2
Protein (g)	46	8
Salt (g)	0.94	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

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.

Contact

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1



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).

2



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(s)**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.

3



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 to keep warm as it rests. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

4



Finish the Prep

Meanwhile, halve, peel and thinly slice the **red onion** 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**.

5



Make the Sauce

When the pan is hot, add the **onion** and cook until soft, 3-4 mins. Add the **garlic** and stir-fry until fragrant, 30 secs. Add the **cracked black pepper** 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 powder**. Allow it to reduce until thickened, 2-3 mins. Stir in the **crème fraîche**, then take off the heat.

6



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 share out the **mash** and **carrots** alongside.

Enjoy!