











Crispy Skin Chicken Breast

with Mushroom Vin Sauce, Roasted Carrots and Roasted Garlic Mash

Classic 40 Minutes • 1 of your 5 a day



-  Chicken Breast - Skin On
-  Carrot
-  Garlic Clove
-  Potato
-  Closed Cup Mushrooms
-  Echalion Shallot
-  Red Wine Stock Paste
-  Bacon Lardons



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Saucepan, Frying Pan, Baking Tray, Colander, Lid and Potato Masher.

Ingredients

| | 2P | 3P | 4P |
|--------------------------------|----------|----------|----------|
| Chicken Breast - Skin On** | 2 | 3 | 4 |
| Carrot** | 3 | 4 | 6 |
| Sugar for the Carrots* | 1 tsp | 1½ tsp | 2 tsp |
| Garlic Clove | 2 | 3 | 4 |
| Potato** | 450g | 700g | 900g |
| Closed Cup Mushrooms** | 150g | 225g | 300g |
| Echalion Shallot** | 1 | 1 | 2 |
| Water for the Sauce* | 125ml | 200ml | 250ml |
| Red Wine Stock Paste 14 | ½ sachet | ¾ sachet | 1 sachet |
| Bacon Lardons** | 90g | 120g | 180g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|--------------------|-----------------|
| for uncooked ingredient | 651g | 100g |
| Energy (kJ/kcal) | 1996/477 | 307/73 |
| Fat (g) | 8 | 1 |
| Sat. Fat (g) | 2 | 1 |
| Carbohydrate (g) | 58 | 9 |
| Sugars (g) | 17 | 3 |
| Protein (g) | 45 | 7 |
| Salt (g) | 1.31 | 0.20 |
| Custom Recipe | Per serving | Per 100g |
| for uncooked ingredient | 696g | 100g |
| Energy (kJ/kcal) | 2483/594 | 357/85 |
| Fat (g) | 17 | 2 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 59 | 8 |
| Sugars (g) | 17 | 2 |
| Protein (g) | 52 | 8 |
| Salt (g) | 2.53 | 0.36 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Chicken

Preheat your oven to 200°C and boil a large saucepan of **water** over high heat. Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Once the **oil** is hot, lay in the **chicken breasts** skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 minute on the other side. **TIP:** For the crispest skin don't be tempted to move the chicken.



Prep the Carrots

While the **chicken** cooks, trim the **carrots** (no need to peel), quarter lengthways and then chop into batons the length of your index finger. Pop them onto a large baking tray and add a drizzle of **oil**. Sprinkle over the **sugar** (see ingredient list for amount) and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer.



Roast

Transfer the **chicken** to another baking tray (skin-side up). Roast the **chicken** on the top shelf of your oven and the **carrots** on the middle shelf, until the **carrots** are tender and the **chicken** cooked, 20-25 mins. Halfway through, add the **garlic cloves** (no need to peel) to the **carrot** tray to cook for 10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel) and pop them into your pan of boiling **water** with a ½ tsp of **salt**. Simmer until tender, 15-20 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them. Once cooked, drain in a colander and pop them back in their pan. Cover with a lid to keep warm. Meanwhile, thinly slice the **mushrooms**. Halve, peel and thinly slice the **shallot**.



Make the Sauce

Put the frying pan you cooked your **chicken** in back on medium-high heat (no need to wash). Add a drizzle of **oil**, the **mushrooms** and a pinch of **salt** and **pepper**. Stir-fry until the **mushrooms** are golden, 4-5 mins. Add the **shallot** and fry until soft, about 3 mins. Pour in the **water for the sauce** (see ingredients for amount) and add the **red wine stock paste**. Stir to dissolve the **stock paste**, then simmer until the **sauce** has thickened slightly and is glossy, 3-4 mins. Remove from the heat.



Finish and Serve

When the **chicken** is cooked, transfer it to a chopping board to rest for a couple of mins. Pour any **juices** from the tray into the **sauce**. Carefully, squeeze the **garlic** out of its skin and add it to the **potato** along with a knob of **butter** and a splash of **milk** (if you have some). Add **salt** and **pepper** to taste and mash until smooth. Slice the **chicken**, serve with the **mash** and **carrots**. Spoon over the **sauce**.

Enjoy!

CUSTOM RECIPE

If you've decided to add **bacon lardons** to your meal, add to the pan when you add the **shallot** and fry until the **shallot** is soft and the **lardons** are golden about 3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. **IMPORTANT:** Cook lardons thoroughly. Continue with the rest of the step as instructed.