










Crispy Skin Chicken Breast

with Mushroom Vin Sauce, Roasted Carrots and Roasted Garlic Mash

Family Hands On Time: 30 Minutes • Total Time: 40 Minutes • 1.5 of your 5 a day

7



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

Before you start

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

Cooking tools, you will need:

Saucepan, Frying Pan, Two Baking Trays, Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Skin-On Chicken Breast**	2	3	4
Carrot**	3	4	6
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Garlic Clove**	2 cloves	3 cloves	4 cloves
Potato**	1 small pack	1 large pack	2 small packs
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Echalion Shallot**	1	1	2
Water for the Sauce*	125ml	200ml	250ml
Red Wine Stock Pot 14	½ pot	¾ pot	1 pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	667g	100g
Energy (kJ/kcal)	1973 /472	296 /71
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	58	9
Sugars (g)	18	3
Protein (g)	44	7
Salt (g)	1.11	0.17

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.

Contact

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Packed in the UK

The Fresh Farm

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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 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 pot**. Stir to dissolve the **stock pot**, 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!

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.