



# Figgy Chicken

with Roasted Garlic Mash and Sugar Snap Peas

Calorie Smart 35 Minutes • Under 600 Calories • Little Spice • 1 of your 5 a day

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Potato



Echalion Shallot



Garlic Clove



Dried Oregano



Chicken Breast - Skin On



Balsamic Vinegar



Fig Jam



Chicken Stock Powder



Sugar Snap Peas

## Before you start

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

## Cooking tools, you will need:

Saucepan, Wooden Spoon, Frying Pan, Baking Tray, Colander Measuring Jug

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Echalion Shallot**	1	1	2
Garlic Clove	1	2	2
Oil for the Chicken*	1 tbsp	2 tbsp	2 tbsp
Dried Oregano	1 sachet	1 sachet	2 sachets
Chicken Breast - Skin On**	2	3	4
Balsamic Vinegar (14)	1 sachet	1 sachet	2 sachets
Fig Jam**	1 sachet	2 sachets	2 sachets
Chicken Stock Powder	1 sachet	1 sachet	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Sugar Snap Peas**	150g	230g	300g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	2111 /505	401 /96
Fat (g)	11	2
Sat. Fat (g)	2	0
Carbohydrate (g)	56	11
Sugars (g)	14	3
Protein (g)	46	9
Salt (g)	0.94	0.18

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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HelloFresh UK

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## Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Halve, peel and thinly slice the **shallot**. Peel the **garlic clove(s)** and pop into foil with a drizzle of **oil**. Scrunch to enclose it.



## Make the Sauce

Meanwhile, pop your frying pan back on medium heat (no need to wash). Add a drizzle of **oil** if the pan is dry. Add the **shallot** and fry until softened, 2-3 mins. Add the **balsamic vinegar** and cook until almost evaporated, then add the **fig jam**, **chicken stock powder** and **water** (see ingredients for amount). Bring to the boil and simmer until the mixture has thickened, 4-5 mins. **TIP:** Add a splash of water if you feel it needs it. Once cooked, remove the pan from the heat and set aside.



## Prep the Chicken

Pop the **oil** (see ingredients for amount) into a bowl and add the **dried oregano**. Season with **salt** and **pepper**, mix together then add the **chicken breasts**. Turn to coat in the **herby oil**. **IMPORTANT:** Wash your hands after handling raw meat.



## Roast the Sugar Snaps

When the **chicken** has been cooking for 10 minutes, remove from the oven and carefully transfer the **garlic** to your chopping board. Add the **sugar snaps** to the baking tray with the **chicken**, drizzle with **oil** and season with **salt** and **pepper**. Pop both back into the oven and roast until the **chicken** is cooked through and the **sugar snaps** are tender, 5-7 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Cook the Chicken

Heat a frying pan on medium-high heat (no oil). Once the pan is hot, lay in the **chicken breasts** skin-side down (scrape in all the **oil** and **herbs** from the bowl). Fry until the skin is golden, 4-5 mins. Turn and cook for 3-4 mins on the flesh side, then transfer to a large baking tray skin-side up. Add the **garlic parcel** and roast on the top shelf of your oven for 10 minutes.



## Mash and Serve

Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat along with the roasted **garlic**. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Once cooked remove the **chicken** to a board to rest for a couple of minutes, then thinly slice. Serve the **chicken** with the **mash** and **sugar snap peas**. Add the **chicken resting juices** to the **sauce**, and reheat if necessary. Drizzle over the **chicken**.

## 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.