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## Garlicky Courgette Chicken Gratin with Roasted New Potatoes

Life's most precious commodity is time, and tonight we want to make sure you've got more of it to do stuff that counts. That's why tonight's Quick Dish is big on flavour and nutrition but small on prep time. Get the oven pre-heating pronto, get a helper to grate the courgette and before you know it you'll be relaxing and reflecting on another homemade dinner well done.



35 mins



family box



gluten free



healthy



Courgette (2)



Boursin Cheese (4 tbsp)



New Potatoes (2 packs)



Chicken Breast (4)




Baby Spinach (1 bag)



Seville Orange & Honey Dressing (2 tbsp)

## 4 PEOPLE INGREDIENTS

- Courgette, grated **2**
- Boursin Cheese **4 tbsp**
- New Potatoes, quartered **2 packs**
- Chicken Breast **4**
- Baby Spinach **1 bag**
- Seville Orange & Honey Dressing **2 tbsp**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Courgette has oodles of soluble fibre in its skin which is great for, erm, keeping things moving!

**Allergens:** Milk.

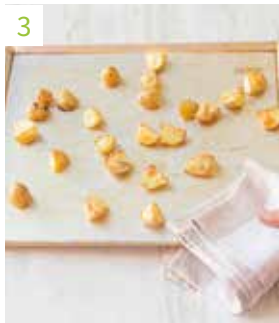
### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	501 kcal / 2107 kJ	18 g	4 g	36 g	7 g	50 g	0 g



**1** Pre-heat your oven to 200 degrees.

**2** Remove the ends of the **courgette**, then coarsely grate. Remove some of the excess water from the **courgette** by squeezing it between a few sheets of kitchen paper or a clean tea towel. Mix your **courgette** with a glug of **oil**, the **boursin**, a pinch of **salt** and some **black pepper**.



**3** Cut the **new potatoes** into quarters. Toss your **potatoes** in a splash of **oil**, lay on a baking tray and put on the top shelf of your oven for 25 mins until crispy.

**4** Sandwich the **chicken breast** between two pieces of clingfilm (if you have some). Bash your **chicken** with a rolling pin until it is 1cm thick all over. **Tip:** *If you don't have a rolling pin you can improvise with a heavy saucepan/cricket bat etc.*



**5** Pile your **courgette mixture** on top of each **chicken breast**. Put on a baking tray in your oven and cook for 15-20 mins until cooked through. **Tip:** *The chicken is cooked when it is no longer pink in the middle.* Then pop them under a hot grill for a few mins until golden-brown on top. **Tip:** *if your grill and oven are one and the same, you can move your potatoes to the bottom shelf whilst you grill your chicken.*

**6** Toss the **spinach** leaves in the **dressing**.

**7** Serve your crispy roasted **potatoes** with your **courgette topped chicken** and a handful of your **spinach**.



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