

Herby Chicken

with Red Onion Mash and Garlicky Green Beans

CLASSIC 50 Minutes • 1 of your 5 a day









Red Onion

Potato





Green Beans



Flat Leaf Parsley



Panko Breadcrumbs



Provencale Herbs



Chicken Breast



Mayonnaise



Balsamic Vinegar

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Large Sauceapan, Fine Grater (or Garlic Press), Baking Tray, Frying Pan, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	1 clove	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13)	10g	25g	25g
Provencale Herbs	½ pot	¾ pot	1 pot
Olive Oil for the Breadcrumbs*	1 tbsp	2 tbsp	2 tbsp
Chicken Breast**	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Water for the Beans*	75ml	100ml	150ml
Balsamic Vinegar 14)	1 sachet	1 sachet	1 sachet
Olive Oil for the Bean Dressing*	1 tbsp	1½ tbsp	2 tbsp

Nutrition

	Per serving	Per 100g		
for uncooked ingredients	567g	100g		
Energy (kJ/kcal)	2431/581	429/103		
Fat (g)	21	4		
Sat. Fat (g)	3	1		
Carbohydrate (g)	52	9		
Sugars (g)	7	1		
Protein (g)	46	8		
Salt (g)	0.33	0.06		

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

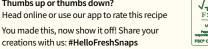
8) Egg 9) Mustard 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Do the Prep

Preheat your oven to 200°C and put a large saucepan of water on to boil with ½ tsp of salt. Chop the **potato** into 2cm chunks (no need to peel!). Halve, peel and thinly slice the **red onion**. Trim the green beans. Peel and grate the garlic (or use a garlic press). Pop the **potato** into the boiling water and simmer for 15-20 mins. TIP: The potato is cooked when you can easily slip a knife through.



2. Prep the Chicken

Meanwhile, roughly chop the parsley (stalks and all). Put half the parsley in a small bowl and mix in the panko breadcrumbs, Provencale herbs, olive oil (see ingredients for amount) and season with salt. Pop the chicken breasts on a baking tray and season with salt and black pepper. Using the back of a spoon, spread the **mayo** over the top half of each breast and then sprinkle over the crumb mixture.



3. Cook the Chicken

Roast the chicken on the top shelf of your oven until cooked through and golden on top, 25-30 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle. Meanwhile, heat a splash of **oil** in a frying pan over medium heat. Add the onion. Cook until soft, 7-10 mins, stirring occasionally, then remove from the pan and keep to one side. Don't wash the pan - we'll use it later to cook the green beans.



4. Make the Mash

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 with salt and pepper and stir in the cooked onion. Cover with a lid to keep warm.



5. Cook the Beans

Heat a splash of oil in your (now empty) frying pan on high heat. Stir-fry the green beans for 2 mins. Add the garlic and season with salt. Add the water (see ingredients for amount). Pop a lid on the pan (or cover with foil) and steam until just tender, 3-5 mins. Drain any leftover water, then stir through the balsamic vinegar and olive oil (see ingredients for amount).



6. Finish and Serve

Reheat the **onion mash** if necessary and spoon a generous amount onto your plate. Top it with the chicken and place some garlicky green beans alongside. Drizzle the balsamic dressing from the beans around the plate and finish with a sprinkling of the remaining parsley.

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.