



Herby Parsley Chicken

with Sticky Baked Potatoes, Green Beans and Crispy Kale

Classic Eat Me Early • 40-45 Minutes • 1 of your 5 a day

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Flat Leaf Parsley



Chicken Breast Skin-On



Potatoes



Green Beans



Garlic Clove



Tomato Puree



Mango Chutney



Chopped Kale



Diced Chorizo

Pantry Items

Olive Oil

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.

Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, frying pan, baking tray, aluminium foil, garlic press, fine grater and lid.

Ingredients

Ingredients	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Breast Skin-On**	2	3	4
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Tomato Puree	1 sachet	2 sachets	2 sachets
Mango Chutney	1 sachet	2 sachets	2 sachets
Chopped Kale**	100g	150g	200g
Diced Chorizo**	60g	90g	120g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	563g	100g
Energy (kJ/kcal)	2314 /553	411 /98
Fat (g)	16.1	2.9
Sat. Fat (g)	3.2	0.6
Carbohydrate (g)	56.4	10.0
Sugars (g)	16.9	3.0
Protein (g)	46.3	8.2
Salt (g)	0.49	0.09

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	593g	100g
Energy (kJ/kcal)	2792 /667	471 /112
Fat (g)	25.4	4.3
Sat. Fat (g)	6.5	1.1
Carbohydrate (g)	56.5	9.5
Sugars (g)	17.0	2.9
Protein (g)	53.8	9.1
Salt (g)	1.94	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.



Marinate the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Finely chop the **parsley** (stalks and all) and pop into a medium bowl with the **olive oil for the marinade** (see ingredients for amount). Season with **salt** and **pepper** and mix together.

Add the **chicken** to the bowl and mix to coat well.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Sauce and Beans Time

While everything roasts, peel and grate the **garlic** (or use a garlic press). Pop into a bowl with the **tomato puree**, **mango chutney** and the **water for the sauce** (see ingredients for amount). Mix together your **sticky sauce** and set aside.

Wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins, then add a splash of **water** and immediately cover with a lid or some foil.

Cook until the **beans** are tender, 4-5 mins, then remove from the heat.



Fry and Prep

Heat a frying pan on medium-high heat (no oil).

Once hot, lay the **chicken** into the pan, skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). Trim the **green beans**.

Pop the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



Crisp up the Kale

Meanwhile, once the **potatoes** have roasted, add the **sticky sauce** to the tray and mix together until well coated.

Lay the **kale** on top, drizzle with a little **oil** and season with **salt** and **pepper**. **TIP:** Remove any tough stalks from the kale. Return the tray to your oven and bake until the **kale** is crispy, 4-5 mins.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add to the **potato** baking tray when you add the **sticky sauce** and mix together to coat well. Then add the **kale** and continue as instructed.



Get Roasting

When the oven is hot, roast the **potatoes** on the middle shelf until golden, 25-35 mins. Turn halfway through.

Once seared, transfer the **chicken** to another baking tray, skin-side up, then roast on the top shelf until cooked, 18-25 mins.

When the **chicken** is cooked, transfer to a board to rest for a couple of mins loosely covered in foil. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish and Serve

When everything is ready, cut the **chicken** widthways into 2cm thick slices.

Add the **green beans** to the **veg** tray and mix together with the **potatoes** and **kale**, then share between your plates. Top with the **herby chicken**.

Enjoy!