

PAN-FRIED CHICKEN

with Butterbeans, Ciabatta Croutons and Cherry Tomatoes





An Echalion Shallot is a cross between a regular shallot and an onion. It has a milder taste than a normal onion too!





Chicken Fillet

Echalion Shallot



Ground Coriander

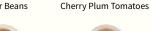






Honey

Butter Beans





Red Wine Vinegar

Baby Spinach

35 mins



2 of your 5 a day

BEFORE YOU START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Large Frying Pan some Baking Paper, a Baking Tray, Sieve, some Foil and a Mixing Bowl. Now, let's get cooking!



Preheat your oven to 200°C. Halve, peel and thinly slice the **shallot**. Lay a **chicken** fillet on a chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other fillet(s). Season the chicken with salt and pepper. **! IMPORTANT:** Remember to wash your hands

and equipment after handling raw meat.



COOK THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the chicken and fry, turning occasionally, until golden on both sides, 4-5 mins. Lower the heat to medium and add the shallot and ground coriander to the pan. Cook, stirring occasionally, until the shallot is soft and the chicken cooked is cooked when it is no longer pink in the middle.



FINISH THE PREP

Meanwhile, tear the ciabatta into roughly 2cm pieces and pop on a lined baking tray. Drizzle with oil and season with salt and pepper. Bake on the top shelf of your oven until golden, 6-8 mins. Drain and rinse the **butter beans** in a sieve. Halve the cherry tomatoes.



MAKE THE DRESSING In a small bowl, mix together the **red** wine vinegar, honey and olive oil (see ingredients for amount). Season with a pinch of salt and pepper. Set aside.



NEARLY THERE When it is cooked through, remove the **chicken** from the pan, pop onto a plate and cover in foil to keep warm. Add the cherry tomatoes and butter beans to the now empty pan. Cook for 2 mins, then stir in the **spinach** a handful at a time to wilt it. Remove the pan from the heat and tip the contents into a

mixing bowl.



SERVE

Add the **ciabatta croutons** to the bowl and pour over the **dressing**. Toss everything together and season to taste with salt and **pepper** if needed. Slice the **chicken** into thin strips. Share the **salad** between your bowls and top with the chicken. Enjoy!

INGREDIENTS

	2P	3P	4P
Echalion Shallot	1	1½	2
Chicken Fillet *	2	3	4
Ground Coriander *	1 small pot	¾ large pot	1 large pot
Ciabatta 11) 13)	1	1½	2
Butter Beans	1	1½	2
	carton	cartons	
Cherry Plum Tomatoes	1 small	¾ large	1 large
	punnet	punnet	punnet
Red Wine Vinegar 14)	1 sachet	1½	2
		sachets	sachets
Honey	1 sachet	1½	2
		sachets	sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Baby Spinach *	1 small	1 small	1 large
	bag	bag	bag

*Not Included * Store in the Fridge

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NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 532G	PER 100G
Energy (kcal)	487	91
(kJ)	2036	382
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	42	8
Sugars (g)	13	3
Protein (g)	51	10
Salt (g)	1.17	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten 14) Sulphites

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



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