



# Pan Fried Chicken

with Roasted Squash and Garlicky Greens

**Family** Hands On Time: 25 Minutes • Total Time: 40 Minutes • 2 of your 5 a day

7



Butternut Squash



Garlic Clove



Lemon



Ground Coriander



Chicken Breast



Spring Greens



Mayonnaise

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Two Baking Trays, Fine Grater (or Garlic Press), Mixing Bowl and Frying Pan.

## Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	1	1
Ground Coriander	1 small pot	1 large pot	2 small pots
Chicken Breast**	2	3	4
Spring Greens**	1 bag	2 bags	2 bags
Mayonnaise <b>8) 9)</b>	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>534g</b>	<b>100g</b>
Energy (kJ/kcal)	1552/371	291/69
Fat (g)	12	2
Sat. Fat (g)	2	0
Carbohydrate (g)	23	4
Sugars (g)	13	2
Protein (g)	43	8
Salt (g)	1.77	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**8) Egg 9) Mustard**

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

Thumbs up or thumbs down?

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Packed in the UK

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 You can recycle me!



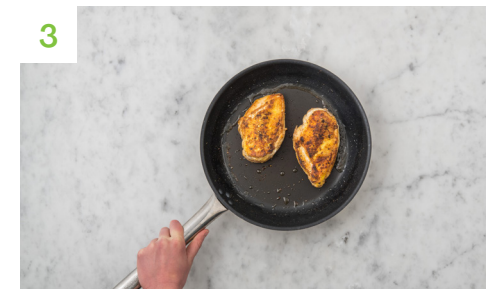
## Squash Time

Preheat your oven to 220°C. Trim the **butternut squash**, halve lengthways and scoop out the seeds. Chop it widthways into 1cm wide slices, then chop into 1cm chunks (no need to peel). Lay on a baking tray, drizzle with **oil, salt and pepper**. Toss to coat, then spread evenly and roast on the top shelf of your oven until soft and golden, 25-30 mins, turn halfway through cooking.



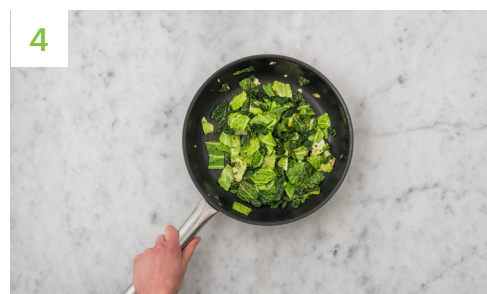
## Coat the Chicken

Meanwhile, peel and grate the **garlic** (or use a garlic press), set aside. Zest and halve the **lemon**. Put the **ground coriander** and **lemon zest** in a large bowl with a pinch of **salt** and **pepper** and a drizzle of **oil**. Mix to combine, then add the **chicken breasts** to the bowl. Toss to coat in the **mixture** and then set aside. **IMPORTANT:** Always wash your hands after handling raw chicken.



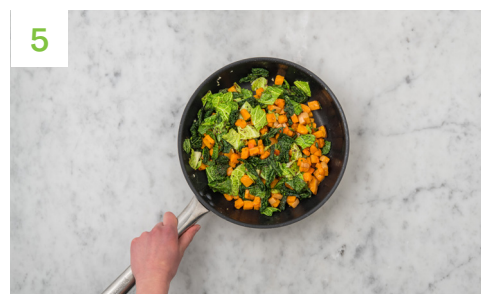
## Cook the Chicken

Heat a dry frying pan on high heat (no oil). Once the pan is hot, lay in the **chicken** skin-side down and cook until the skin is nice and crispy, about 5-6 mins. Turn and cook for 2 mins on the other side, then transfer to a baking tray. Don't wash out your pan we'll use this later. Roast the **chicken** in your oven until cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



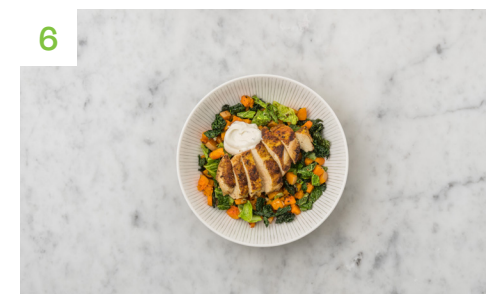
## Fry the Greens

When everything has around 6 mins of cooking time left, pop your frying pan back on medium-high heat and add a splash of **oil**. Add the **spring greens**, a pinch of **salt** and **pepper** and stir-fry until softened, 3-5 mins. Add the **garlic** to the **greens**, stir and cook for 1 minute. Remove from the heat.



## Mix

Once the **chicken** and **squash** are cooked, remove from the oven and pop your **chicken** on a board to rest. Stir the **squash** through the **greens** either in your baking tray or frying pan - whichever is easiest!



## Finish and Serve

Pop the **mayo** in a bowl and add a squeeze of **lemon** and a pinch of **salt** and **pepper**. Mix together. Thinly slice the **chicken**. Serve the **squash** and **greens** in bowls with the **chicken** on top and a dollop of **lemony mayonnaise**.

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.