



Roasted Chicken and Chilli & Chive Sauce with Spinach and Potatoes

27

Calorie Smart 20 Minutes • Mild Spice • 1 of your 5 a day • Under 600 Calories



Chicken Breast (skin-on)



Potatoes



Baby Spinach



Red Chilli



Chives



Garlic Clove



Chicken Stock Paste



Creme Fraiche

Pantry Items
Water, Butter

Before you start

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

Cooking tools

Kettle, frying pan, baking tray, saucepan, colander and measuring jug.

Ingredients

	2P	3P	4P
Chicken Breast**	2	3	4
Potatoes**	450g	700g	900g
Baby Spinach**	100g	200g	200g
Red Chilli**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Water for the Sauce*	75ml	100ml	150ml
Chicken Stock Paste	5g	7g	10g
Creme Fraiche** 7)	75g	120g	150g
Butter*	15g	20g	30g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	544g	100g
Energy (kJ/kcal)	2418 /578	445 /106
Fat (g)	26	5
Sat. Fat (g)	13	2
Carbohydrate (g)	43	8
Sugars (g)	4	1
Protein (g)	46	8
Salt (g)	0.88	0.16

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

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.

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Roast the Chicken

- Preheat your oven to 220°C. Boil a full kettle.
- Heat a drizzle of **oil** in a frying pan on high heat and season the **chicken** with **salt** and **pepper**. Lay the **chicken** in the pan, skin-side down. Fry until golden, 3-4 mins, then turn and cook for another min on the other side. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*
- Put the **chicken** on a baking tray, skin-side up. Roast on the top shelf of your oven until cooked, 12-15 mins. Set the pan aside. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Make the Sauce

- When hot, add the **chilli** (add less if you don't like too much heat) and **garlic** to the pan and stir-fry for 1 min.
- Add the **water for the sauce** (see ingredients for amount) and **chicken stock paste** to the pan. Bring to the boil and simmer until slightly reduced, 2 mins.
- Stir the **creme fraiche** into the pan along with **three quarters** of the **chives**. Season to taste with **pepper**, then remove the pan from the heat.

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Potato Time

- Meanwhile, fill a large saucepan with the **boiling water** from your kettle and return to the boil with **½ tsp salt**.
- Chop the **potatoes** into 2cm chunks (no need to peel) and add to the pan. Cook until you can easily slip a knife through them, 12-15 mins, adding the **spinach** for the final min of cooking time.
- Drain in a colander and return to the pan with the lid on, off the heat.



Finish Up

- When the **chicken** is almost cooked, gently reheat the sauce. **TIP:** *Add a splash of hot water if it needs loosening.*
- Season the **spinach** and **potatoes** with **salt** and **pepper**. Add the **butter** (see ingredients for amount) and stir to combine.



Get Prepped

- While the **potatoes** cook, halve, deseed and finely chop the **chilli**.
- Finely chop the **chives** (use scissors if easier). Peel and grate the **garlic** (or use a garlic press).
- Return the (now empty) frying pan to medium heat (no need to wash it). Add a drizzle of **oil** if the pan is dry.



Serve

- Divide the **spinach** and **potatoes** between your plates.
- Slice each **chicken breast** widthways into 5 pieces and serve alongside. Spoon the **chilli and chive sauce** all over.
- Finish with a sprinkling of the remaining **chives**.

Enjoy!