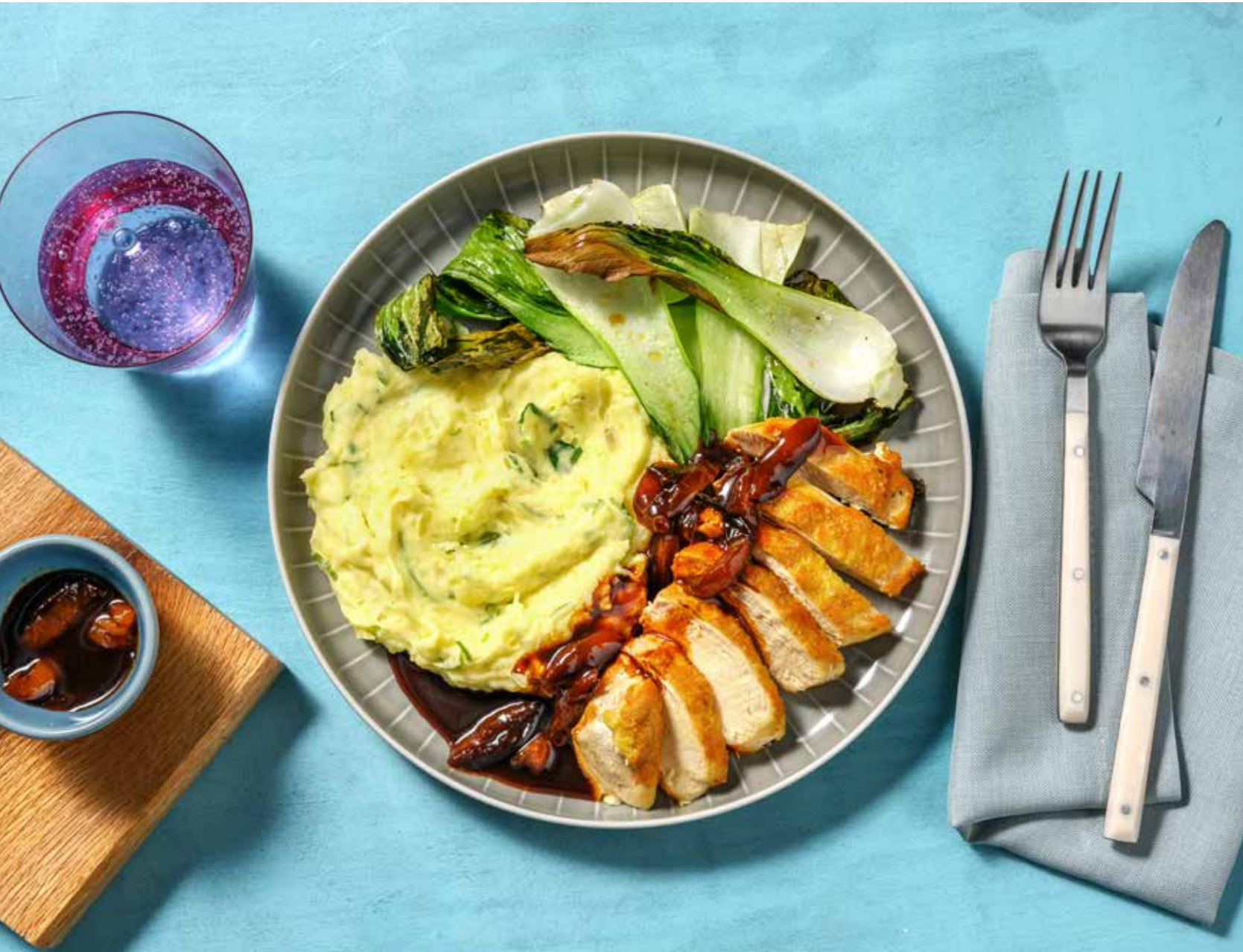




Roasted Chicken Breast in Plum Hoisin Sauce with Spring Onion Mash and Roasted Bok Choy

Classic 35 Minutes • 1 of your 5 a day

1



Potatoes



Garlic Clove



Skin-on
Chicken Breast



Bok Choy



Plum



Spring Onion



Chicken Stock
Paste



Hoisin Sauce



Broccoli
Florets



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!

Cooking tools, you will need:

Saucepan, Colander, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	2	3	4
Skin-on Chicken Breast**	2	3	4
Bok Choy**	2	3	4
Plum**	2	3	4
Spring Onion**	1	2	2
Water for the Sauce*	75ml	100ml	150ml
Sugar*	1 tsp	1½ tsp	2 tsp
Chicken Stock Paste	10g	15g	20g
Hoisin Sauce 11	1 sachet	2 sachets	2 sachets
Broccoli Florets**	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	617g	100g
Energy (kJ/kcal)	1996 /477	324 /77
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	58	9
Sugars (g)	18	3
Protein (g)	46	8
Salt (g)	1.98	0.32

Custom Recipe

	Per serving	Per 100g
for uncooked ingredient	717g	100g
Energy (kJ/kcal)	2155 /515	301 /72
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	60	8
Sugars (g)	20	3
Protein (g)	51	7
Salt (g)	2.00	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya


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.

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Boil the Potatoes

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with $\frac{1}{4}$ **tsp salt**. Chop the **potatoes** into 2cm chunks (peel first if preferred). Peel the **garlic cloves**. Add the **potatoes** and the **garlic cloves** to the **boiling water** and simmer until tender, 15-20 mins. Once cooked, drain in a colander and pop both back into your pan.



Cook the Chicken

While the **potatoes** cook, pop a frying pan on medium-high heat (no oil). Season the **chicken** with **salt** and **pepper**. Once hot, lay the **chicken** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn, cook for 1 min on the flesh side to seal the **meat**. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.* Transfer to a large baking tray, skin-side up, and roast on the top shelf of your oven until cooked, 15-20 mins.

 **CUSTOM RECIPE**

If you've added **broccoli florets** to your recipe, put the **chicken** in the oven then halve any large **florets** and pop onto another baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Roast the **broccoli** on the middle shelf until the edges are crispy and slightly charred, 10-15 mins.



Make the Sauce

Pop your frying pan back on medium-high heat (no need to wash). Add a drizzle of **oil** if the pan is dry, then add the **plums** and fry, turning them every min until softened, 2-3 mins. Pour in the **water for the sauce** and add the **sugar** (see ingredients for both amounts), **chicken stock paste** and **hoisin sauce**. Bring to the boil, then reduce the heat slightly and gently simmer until thickened, 3-5 mins. **TIP:** *Add a splash of water if it thickens too much.* Once cooked, set aside.



Rest the Chicken

Once the **chicken** and **bok choy** are cooked, remove from your oven, cover the tray with some foil and leave to rest for 5-6 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



Prep the Rest

Trim the **bok choy** and separate the leaves. Halve the **plums**, remove the stone and slice each **plum** into 12 thin wedges. Trim and thinly slice the **spring onion**. When the **chicken** has had 10 mins in the oven, add the **bok choy** to the baking tray around the **chicken breasts** (not covering). Drizzle a little **oil** over the top, season and return to the oven for the remaining cooking time, 5-10 mins.



Finish and Serve

Add the **spring onion** to the **cooked potatoes** and **garlic** along with a knob of **butter** and splash of **milk** (if you have any). Season with **salt** and **pepper** and then mash together. Cover with a lid to keep warm. Reheat the **plum sauce** with a splash of **water** if you need to. Slice the **chicken breasts** widthways, and serve on plates alongside the **veg** and **mash**. Spoon the **plum hoisin sauce** over to serve.

Enjoy!