







More Than Food
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Rosemary Glazed Chicken with Purple Mash and Buttered Leeks

Our chef André loves a classic dish with a twist. What could be more classic than roast chicken, where is the twist you may ask? Well have you ever had roast chicken with purple mashed potato? We thought not! We think this dish is even better than the classic!



40 mins



2 of your
5 a day



Purple Potato
(1 pack)



Leek (2)



Spring Onion (3)



Chicken Stock Pot (½)



Water (150ml)



Netherend Butter
(45g)



Chicken Breast
(2)




Rosemary Jelly (3 tbsp)

2 PEOPLE INGREDIENTS

- Purple Potato, chopped
- Leek, sliced
- Spring Onion, sliced
- Chicken Stock Pot
- Water

- 1 pack**
- 2**
- 3**
- ½**
- 150ml**
- Netherend Butter
- Chicken Breast
- Rosemary Jelly

- 45g**
- 2**
- 3 tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Purple potatoes are native to South America, they have been cultivated in Peru for over 8000 years!

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	615 kcal / 2582 kJ	27 g	16 g	65 g	26 g	30 g	2 g
Per 100g	126 kcal / 530 kJ	6 g	3 g	13 g	5 g	6 g	0 g

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Pre-heat your oven to 180 degrees and pop a pot of water on high heat with a generous pinch of **salt**. Chop the **purple potato** into 2cm chunks (no need to peel) and add to the pot of water. Bring to the boil, then reduce the heat to medium. Leave your **potato** to gently bubble away for 20 mins. **Tip:** *The potato is cooked when you can easily slip a knife through.*



2 While your potato cooks, get on with the rest of your prep. Remove the root and dark green parts from the **leek**. Slice your **leek** into circles 1cm thick. Slice the **spring onion** as thinly as you can. Keep to one side.

3 Pop your kettle on to boil, then dissolve the **chicken stock pot** in the boiling **water** (amount specified in the ingredient list). We will use it for your leek later.

4 Pop a frying pan on medium heat and add half the **butter** and all your **leek**. Season with a good pinch of **salt**, a grind of **black pepper** and cook for 3 mins, stirring frequently to make sure it doesn't burn. Add two-thirds of your **stock** and then transfer your **leek** and stock to a oven-proof dish and leave to the side. Wipe the pan clean with kitchen paper.



5 Season each **chicken breast** with a pinch of **salt** and a good grind of **black pepper**. Heat the same frying pan over high heat and add a splash of **oil**. Cook your **chicken** skin-side down for 3-5 mins or until the skin is golden and crispy. Turn and cook the flesh side for 2 mins before transferring your **chicken** (skin-side up) to the oven-proof dish with your leek. Roast your **leek** and **chicken** in your oven for 15-17 mins. **Tip:** *The chicken is cooked when the centre is no longer pink.* Keep the pan to one side, we will use it again when your chicken is cooked.

6 When your **potato** is cooked, drain into a colander and then return to the pot. Add your remaining **butter** and **spring onion**. Mash together with a potato masher or fork and then season to taste with **salt** and **pepper**. Keep warm with the lid on, we will reheat later.



7 When your chicken is cooked, remove from your oven and leave to rest for 2 mins. As your chicken rests, make your glaze. Warm the **rosemary jelly** in the frying pan on low heat and add your remaining **chicken stock**. Bring to the boil and then remove from the heat.

8 Reheat your **mashed potato** over medium heat, stirring continuously until piping hot. When your potato is hot, spoon a generous amount onto each plate, and serve your buttered **leek** alongside (leave any excess liquid behind). Top your **leek** with your **chicken** and spoon your **rosemary glaze** over your chicken and around the plate. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!