



# Smokey Chicken and Cheesy Mash with Garlicky Green Beans

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

10



Potato



Onion



Green Beans



Spring Onion



Cheddar Cheese



Garlic Clove



Chicken Thigh



Chicken Stock Powder



BBQ Sauce

## Before you start

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

## Cooking tools, you will need:

Kettle, Saucepan, Fine Grater (or Garlic Press), Coarse Grater, Frying Pan, Measuring Jug, Colander and Potato Masher.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Onion**	1	1	2
Green Beans**	80g	150g	150g
Spring Onion**	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Garlic Clove**	1	2	2
Chicken Thigh**	4	6	8
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	601g	100g
Energy (kJ/kcal)	2754 /658	459 /110
Fat (g)	29	5
Sat. Fat (g)	10	2
Carbohydrate (g)	55	9
Sugars (g)	11	2
Protein (g)	45	8
Salt (g)	1.49	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

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

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Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## Boil the Potatoes

- Fill and boil your kettle.
- When boiling pour the **water** into a saucepan with ½ tsp **salt** and pop on to boil.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



## Cook the Beans

- Heat a drizzle of **oil** in a small frying pan on a medium-high heat. When hot add the **beans** and a splash of **water** and cover with a lid.
- Cook covered for 3-4 mins, remove the lid add the **garlic** and cook for a further 1 minute.
- Remove from the heat, and set aside. Cover with the lid to keep warm.



## Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Trim the **green beans**.
- Trim the **spring onions** then thinly slice.
- Peel and grate the **garlic** (or use a garlic press).
- Grate the **Cheddar cheese**.



## Mash it Up

- Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat.
- Add the **Cheddar cheese** and **spring onion**, a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.
- Once the **chicken** is cooked, taste the **sauce** and season with **salt** and **pepper** if needed.



## Cook the Chicken

- Heat a drizzle of **oil** in a large frying pan on a medium-high heat.
- Once the **oil** is hot, lay in the **chicken thighs** and sliced onion, fry until the **chicken** is browned on each side, 8 mins.
- After 8 mins, add the **chicken stock powder**, **BBQ sauce** and **water** (see ingredients for amount).
- Bring to a boil, then lower the heat and simmer until the **sauce** has thickened and the **chicken** is cooked through, another 6-7 mins. **TIP:** Add a splash more water if dry. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Time to Serve

- Share the **mash** between your plates.
- Pop the **smoky chicken** and **onion** alongside.
- Share the **green beans** between your plates.

Enjoy!