



Smoky Chicken Thigh with Cheesy Mash and Garlicky Green Beans

Family 30-35 Minutes • 1 of your 5 a day

7



Potatoes



Red Onion



Green Beans



Spring Onion



Mature Cheddar Cheese



Garlic Clove



Chicken Thigh



Chicken Stock Paste



BBQ Sauce

Before you start

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

Cooking tools

Saucepan, garlic press, grater, frying pan, lid, colander and potato masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Green Beans**	150g	200g	300g
Spring Onion**	1	2	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Garlic Clove**	1	2	2
Chicken Thigh**	4	6	8
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	75ml	100ml	150ml
BBQ Sauce	64g	96g	128g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	2898 /693	487 /116
Fat (g)	30	5
Sat. Fat (g)	10	2
Carbohydrate (g)	61	10
Sugars (g)	12	2
Protein (g)	46	8
Salt (g)	1.85	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Halve, peel and thinly slice the **red onion**. Trim the **green beans**. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



Bring on the Beans

While the **chicken** cooks, heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



Cook the Potatoes

When boiling, add the **potatoes** to the pan of **water** and cook until you can easily slip a knife through, 15-20 mins.



Mash It Up

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



Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken thighs** flat in the pan and add the **onion**. Fry until the **chicken** is browned, 4-5 mins each side. Once browned, add the **chicken stock paste**, **water for the sauce** (see ingredients for amount) and **half the BBQ sauce**. Bring to the boil, then lower the heat and simmer until the **sauce** has thickened and the **chicken** is cooked through, 6-8 mins. **TIP:** Add a splash more water if it's looking a little bit dry. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Finish and Serve

Once the **chicken** is cooked, taste the **sauce** and season with **salt** and **pepper** if needed, then stir in the remaining **BBQ sauce**. Share the **mash** and **green beans** between your plates. Serve the **smoky chicken** alongside, then top with the **onions** and any remaining **sauce** from the pan.

Enjoy!