











Ultimate Bacon Wrapped Roast Chicken Breast with Honeyed Carrots, Peas and Red Wine Jus

35

Ultimate 40-45 Minutes • 1 of your 5 a day



-  Salad Potatoes
-  Chicken Breast
-  Streaky Bacon
-  Carrot
-  Red Wine Jus Paste
-  Garlic Clove
-  Peas
-  Honey

Pantry Items
Water

Before you start

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

Cooking tools

Baking tray, saucepan, garlic press and frying pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Chicken Breast**	2	3	4
Streaky Bacon**	6 rashers	8 rashers	12 rashers
Carrot**	2	3	4
Water for the Sauce*	150ml	225ml	300ml
Red Wine Jus Paste 10) 14)	22g	37g	44g
Garlic Clove**	1	2	2
Peas**	120g	180g	240g
Honey	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	561g	100g
Energy (kJ/kcal)	2311/552	412/98
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	52	9
Sugars (g)	19	3
Protein (g)	56	10
Salt (g)	2.78	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery 14) Sulphites

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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Roast the Potatoes

Preheat your oven to 200°C. Halve the **salad potatoes** widthways. Put the **potatoes** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer, cut-side down. When the oven is hot, roast the **potatoes** on the top shelf, 20 mins. Wrap each **chicken breast** with 2 rashers of **bacon**. Trim the **carrot** then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Smash the Potatoes

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato half**. Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.



Roast the Rest

Lay the **chicken** and **carrots** onto another large baking tray. Drizzle the **carrots** with **oil**, season with **salt** and **pepper**, then toss to coat. Roast on the middle shelf until cooked through, 25-30 mins. Turn the **carrots** halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle. Meanwhile, chop the remaining **bacon** into 1cm wide strips.



Make the Peas

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Add the **chopped bacon** to the pan and fry until browned, 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly. Turn the heat down to medium, then stir in the **garlic** and cook for 1 min. Add the **peas** and stir-fry until piping hot, 2-3 mins. Taste and season with **salt** and **pepper** if needed, then set aside.



Make the Jus

While everything cooks, pour the **water for the sauce** (see ingredients for amount) into a saucepan. Bring to the boil, then stir in the **red wine jus paste**. Reduce the heat slightly, then bubble away until the **sauce** has reduced by half, 5-6 mins. Once glossy and thickened, remove from the heat. Taste and season with **salt** and **pepper** if needed. Meanwhile, peel and grate the **garlic** (or use a garlic press).



Finish and Serve

When everything is ready, drizzle the **honey** over the **carrots** and toss to coat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Serve up your **ultimate bacon wrapped roast chicken breast** with the **smashed potatoes**, **honeyed carrots** and **peas** alongside. Reheat the **red wine jus** if needed, then spoon over the **chicken** to serve.

Enjoy!