



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

36

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



Salad Potatoes



Chicken Fillet



Streaky Bacon



Carrot



Red Wine Jus Paste



Garlic



Peas



Honey

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg 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

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Chicken Fillet**	2	3	4
Streaky Bacon**	6 rashers	8 rashers	12 rashers
Carrot**	2	3	4
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

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 570g	Per 100g 100g
Energy (kJ/kcal)	2311 /552	412 /98
Fat (g)	14.3	2.5
Sat. Fat (g)	5.4	1.0
Carbohydrate (g)	49.7	8.9
Sugars (g)	18.5	3.3
Protein (g)	56.3	10.0
Salt (g)	2.94	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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Potato Prep Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **salad potatoes** widthways. Put them 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 for 20 mins - you'll roast them for longer later.

Meanwhile, wrap each **chicken breast fillet** with **2 rasher of bacon**. **IMPORTANT:** *Wash your hands after handling raw meat and its packaging.*



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.



Get Roasting

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto another large baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat and push to one side of the tray. Pop the **bacon wrapped chicken** on the other side.

Roast on the middle shelf until cooked through, 25-30 mins. Turn the **carrots** halfway through. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Meanwhile, chop the remaining **bacon** into 1cm wide strips.



Cook the Peas

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, 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 add 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 Red Wine 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 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!