







More Than Food
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Warm Coronation Chicken with Parsley Potatoes and Garlicky Cabbage

Queenie's second birthday week (lucky her!), so here is one of our Best of British dishes. Did you know that this dish was created by Constance Spry, a food writer, and Rosemary Hume, a chef, specifically for the Queen's coronation back in 1953. We thought it only proper to put it in your boxes!



45 mins



gluten free



family box



Onion (1)



New Potatoes (2 packs)



Flat Leaf Parsely
(5 tbsp)



Savoy Cabbage (1)



Garlic Clove (1)



Lemon (1)



Chicken Thigh (6)



Curry Powder
(½ tbsp)



Mango Chutney
(1 tbsp)



Raisins (2 tbsp)



Crème Fraîche
(1 large pot)

Ingredients

4 PEOPLE

ALLERGENS

Onion, sliced	1	
New Potatoes, quartered	2 packs	
Flat Leaf Parsley, chopped	5 tbsp	
Savoy Cabbage, shredded	1	
Garlic Clove, chopped	1	
Lemon	1	
Chicken Thigh	6	
Curry Powder	½ tbsp	Mustard, Nuts
Mango Chutney	1 tbsp	
Raisins	2 tbsp	
Crème Fraîche	1 large pot	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

The Queen has had over thirty corgis during her reign!

Nutrition per serving: Calories: 601 kcal | Protein: 47 g | Carbs: 60 g | Fat: 19 g | Saturated Fat: 11 g

2



1 Bring a pot of water to the boil with 1/2 tsp of salt.

2 Cut the onion in half through the root, peel and thinly slice the **onion** into half moon shapes. Cut the **new potatoes** into quarters and roughly chop the **parsley**.

3 Cut the **cabbage** in half through the root and thinly shred it into slices about 1cm wide. Peel and finely chop the **garlic**. Zest the **lemon**. Cut the **chicken** into roughly 1cm bitesized pieces.

4 Add the **new potatoes** to the pot of boiling water and cook for 15-20 mins.

Tip: *The potatoes are cooked when you can easily slip a knife through them.* When your potatoes are cooked, drain them, put them back in the pot and put a lid on the pot to keep them warm.

5 Put a large frying pan on a medium-high heat and add 2 tbsp of **oil**. Mix the **chicken** with ½ tsp of salt, a good grind of **pepper** and the **lemon** zest. Put the **chicken** in the pan and cook for 6-7 mins until the **chicken** is slightly browned. **Tip:** *Cook the chicken in batches if you need to as you want it to brown not stew.*

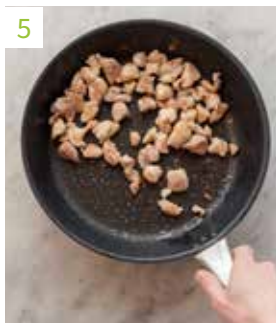
6 Once all the **chicken** is cooked, take it out of the pan and leave to the side. Put 2 tbsp of **oil** in the pan (no need to wash!), turn the heat down to medium and add the **onion**. Cook for 6-7 mins then add the **curry powder** and **mango chutney**. Cook for 1 minute then add your **chicken** and **raisins**. Stir everything together and cook for a further minute.

7 Add 100ml **water** to the pan, bring to a bubble then throw in the **crème fraîche**. Mix everything together, bring to the boil and bubble away for 5 mins to reduce the sauce slightly, then turn off the heat and stir through half the chopped **parsley** and squeeze in the juice of the **lemon**. Put a lid on the pan and leave to the side while you finish off everything else.

8 Put 1 tbsp of **butter** along with 1 tbsp of **oil** (if you don't have any butter just use 2 tbsp of **oil**). Once the **butter** has melted add your **garlic** and cook for 1 minute, then add your **cabbage** along with ½ tsp of **salt** and a good grind of **pepper**. Give everything a stir and cook for 3-4 mins, until the **cabbage** has wilted down and smells lovely and buttery. Take off the heat, put the lid on and leave to the side until everything else is ready.

9 LH: *While your **cabbage** is cooking, add your remaining chopped **parsley** to your **potatoes** along with 2 tbsp of **butter** (if you have it, if you don't add 2 tbsp of **oil** instead).* Slightly crush your potatoes with a fork and mix everything together at the same time. Serve your warm coronation **chicken** on plates with your **cabbage** and **potatoes** on the side and enjoy!

5



7



8



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