



# Crispy Skin Chicken Breast

with Mushroom Vin Sauce, Roasted Carrots and Roasted Garlic Mash

Classic 40 Minutes • 1 of your 5 a day



-  Chicken Breast - Skin On
-  Carrot
-  Garlic Clove
-  Potato
-  Closed Cup Mushrooms
-  Echalion Shallot
-  Red Wine Stock Paste
-  Bacon Lardons



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

## Before you start

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

## Cooking tools, you will need:

Saucepan, Frying Pan, Baking Tray, Colander, Lid and Potato Masher.

## Ingredients

	2P	3P	4P
Chicken Breast - Skin On**	2	3	4
Carrot**	3	4	6
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Garlic Clove	2	3	4
Potato**	450g	700g	900g
Closed Cup Mushrooms**	150g	225g	300g
Echalion Shallot**	1	1	2
Water for the Sauce*	125ml	200ml	250ml
Red Wine Stock Paste <b>14</b>	½ sachet	¾ sachet	1 sachet
Bacon Lardons**	90g	120g	180g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>651g</b>	<b>100g</b>
Energy (kJ/kcal)	1996/477	307/73
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	58	9
Sugars (g)	17	3
Protein (g)	45	7
Salt (g)	1.31	0.20
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>696g</b>	<b>100g</b>
Energy (kJ/kcal)	2483/594	357/85
Fat (g)	17	2
Sat. Fat (g)	5	1
Carbohydrate (g)	59	8
Sugars (g)	17	2
Protein (g)	52	8
Salt (g)	2.53	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 14) Sulphites

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.

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## Cook the Chicken

Preheat your oven to 200°C and boil a large saucepan of **water** over high heat. Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Once the **oil** is hot, lay in the **chicken breasts** skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 minute on the other side. **TIP:** For the crispest skin don't be tempted to move the chicken.



## Prep the Carrots

While the **chicken** cooks, trim the **carrots** (no need to peel), quarter lengthways and then chop into batons the length of your index finger. Pop them onto a large baking tray and add a drizzle of **oil**. Sprinkle over the **sugar** (see ingredient list for amount) and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer.



## Roast

Transfer the **chicken** to another baking tray (skin-side up). Roast the **chicken** on the top shelf of your oven and the **carrots** on the middle shelf, until the **carrots** are tender and the **chicken** cooked, 20-25 mins. Halfway through, add the **garlic cloves** (no need to peel) to the **carrot** tray to cook for 10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel) and pop them into your pan of boiling **water** with a ½ tsp of **salt**. Simmer until tender, 15-20 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them. Once cooked, drain in a colander and pop them back in their pan. Cover with a lid to keep warm. Meanwhile, thinly slice the **mushrooms**. Halve, peel and thinly slice the **shallot**.



## Make the Sauce

Put the frying pan you cooked your **chicken** in back on medium-high heat (no need to wash). Add a drizzle of **oil**, the **mushrooms** and a pinch of **salt** and **pepper**. Stir-fry until the **mushrooms** are golden, 4-5 mins. Add the **shallot** and fry until soft, about 3 mins. Pour in the **water for the sauce** (see ingredients for amount) and add the **red wine stock paste**. Stir to dissolve the **stock paste**, then simmer until the **sauce** has thickened slightly and is glossy, 3-4 mins. Remove from the heat.



## Finish and Serve

When the **chicken** is cooked, transfer it to a chopping board to rest for a couple of mins. Pour any **juices** from the tray into the **sauce**. Carefully, squeeze the **garlic** out of its skin and add it to the **potato** along with a knob of **butter** and a splash of **milk** (if you have some). Add **salt** and **pepper** to taste and mash until smooth. Slice the **chicken**, serve with the **mash** and **carrots**. Spoon over the **sauce**.

## Enjoy!



### CUSTOM RECIPE

If you've decided to add **bacon lardons** to your meal, add to the pan when you add the **shallot** and fry until the **shallot** is soft and the **lardons** are golden about 3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. **IMPORTANT:** Cook lardons thoroughly. Continue with the rest of the step as instructed.