



Crispy-Skin Chicken Breast

with Mushroom Vin Sauce, Roasted Carrots and Garlic Mash

CLASSIC 40 Minutes • 1.5 of your 5 a day



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

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Frying Pan, Two Large Baking Trays, Colander, Measuring Jug and Potato Masher.

Ingredients

	2P	3P	4P
Skin-On Chicken Breast**	2	3	4
Carrot**	3	4	6
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Garlic Clove**	2 cloves	3 cloves	4 cloves
Potato**	1 small pack	1 large pack	2 small packs
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Echalion Shallot**	1	1	2
Water for the Sauce*	125ml	200ml	250ml
Red Wine Stock Pot (14)	½ pot	¾ pot	1 pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	667g	100g
Energy (kJ/kcal)	1904 /455	285 /68
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	56	8
Sugars (g)	15	2
Protein (g)	44	7
Salt (g)	1.18	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Cook the Chicken

Preheat your oven to 200°C, then 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 one minute on the other side. **TIP:** For the crispest skin don't be tempted to move the chicken.



4. 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**.



2. 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.



5. 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 pot**. Stir to dissolve the **stock pot**, then simmer until the **sauce** has thickened slightly and is glossy, 3-4 mins. Remove from the heat.



3. 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.



6. 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!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.