



Herby Chicken

with Red Onion Mash and Garlicky Beans

CLASSIC 50 Minutes • 1 of your 5 a day

N° 1



Potato



Red Onion



Green Beans



Garlic Clove



Flat Leaf Parsley



Panko Breadcrumbs



Provençale Herbs



Chicken Breast



Salmon Fillet



Mayonnaise



Balsamic Vinegar



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.

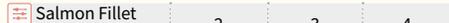
Happy cooking!

Before you start

Basic cooking tools, you will need:

Saucepan, Fine Grater, Baking Tray, Frying Pan, Colander, Potato Masher and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	2	2
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	1 clove	2 cloves
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13	10g	25g	25g
Provençale Herbs	½ pot	¾ pot	1 pot
Olive Oil for the Breadcrumbs*	1 tbsp	2 tbsp	2 tbsp
Chicken Breast**	2	3	4
 Salmon Fillet 4 **	2	3	4
Mayonnaise 8 9	1 sachet	1 sachet	2 sachets
Water for the Beans*	75ml	100ml	150ml
Balsamic Vinegar 14	1 sachet	1 sachet	1 sachet
Olive Oil for the Bean Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	566g	100g
Energy (kJ/kcal)	2429/581	430/103
Fat (g)	21	4
Sat. Fat (g)	3	1
Carbohydrate (g)	52	9
Sugars (g)	7	1
Protein (g)	46	8
Salt (g)	0.33	0.06
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	2446/585	484/116
Fat (g)	29	6
Sat. Fat (g)	4	1
Carbohydrate (g)	52	10
Sugars (g)	7	1
Protein (g)	28	6
Salt (g)	0.33	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **8**) Egg **9**) Mustard **13**) Gluten **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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1. Do the Prep!

Preheat your oven to 200°C and put a large saucepan of **water** on to boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel!). Halve, peel and thinly slice the **red onion**. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Pop the **potato** into the boiling **water** and simmer for 15-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through.



4. Make the Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper** and stir in the **cooked onion**. Cover with a lid to keep warm.



2. Prep the Chicken

Meanwhile, roughly chop the **parsley** (stalks and all). Put **half** the **parsley** in a small bowl and mix in the **panko breadcrumbs**, **Provençale herbs**, **olive oil** (see ingredients for amount) and season with **salt**. Pop the **chicken breasts** on a baking tray and season with **salt** and **black pepper**. Using the back of a spoon, spread the **mayo** over the top half of each **breast** and then sprinkle over the **crumb mixture**.



CUSTOM RECIPE

If you've opted to get **salmon** instead of chicken, prepare the **herby crumbs** as instructed above, then pop the **salmon fillets** skin side down on a baking tray lined with baking paper. Prepare them in the same way as the **chicken** above (you might not need all the **mayo**).



5. Cook the Beans

Heat a splash of **oil** in your (now empty) frying pan on high heat. Stir-fry the **green beans** for 2 mins. Add the **garlic** and season with **salt**. Add the **water** (see ingredients for amount). Pop a lid on the pan (or cover with foil) and steam until just tender, 3-5 mins. Drain any leftover water, then stir through the **balsamic vinegar** and **olive oil** (see ingredients for amount).



3. Cook the Chicken

Roast the **chicken** on the top shelf of your oven until cooked through and golden on top, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Meanwhile, heat a splash of oil in a frying pan over medium heat. Add the **onion**. Cook until soft, 7-10 mins, stirring occasionally, then remove from the pan and keep to one side. Don't wash the pan - we'll use it later to cook the green beans.



CUSTOM RECIPE

If you've got **salmon**, follow the step above, but the **salmon** only needs 12-15 mins in the oven. **IMPORTANT:** The salmon is cooked when opaque all the way through.



6. Finish and Serve

Reheat the **onion mash** if necessary and spoon a generous amount onto your plate. Top it with the **chicken** and place some **garlicky green beans** alongside. Drizzle the **balsamic dressing** from the **beans** around the plate and finish with a sprinkling of the remaining **parsley**.



CUSTOM RECIPE

If you've got **salmon**, serve it alongside the **potato** and **green beans**.