



Oregano Crumbed Chicken with Cheesy Mash and Garlicky Beans

Family Eat Me Early • 45 Minutes

7



-  Panko Breadcrumbs
-  Dried Oregano
-  Chicken Fillet
-  Mayonnaise
-  Potatoes
-  Green Beans
-  Garlic Clove
-  Mature Cheddar Cheese
-  Sweet Chilli Sauce

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, bowl, baking tray, garlic press, grater, colander, potato masher and frying pan.

Ingredients

	2P	3P	4P
Panko Breadcrumbs 13	25g	35g	50g
Dried Oregano	1 sachet	1 sachet	2 sachets
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Chicken Fillet**	2	3	4
Mayonnaise 8 9	1 sachet	1½ sachets	2 sachets
Potatoes**	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7	30g	45g	60g
Sweet Chilli Sauce	32g	48g	64g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	2459 /588	467 /112
Fat (g)	17.2	3.3
Sat. Fat (g)	5.1	1.0
Carbohydrate (g)	60.1	11.4
Sugars (g)	10.7	2.0
Protein (g)	50.0	9.5
Salt (g)	0.93	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 13) Cereals containing gluten

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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Prep the Chicken

Preheat your oven to 200°C. Put a large saucepan of **water** on to boil with ½ **tsp salt**.

Put the **breadcrumbs, oregano** and **olive oil for the crumb** (see ingredients for amount) into a small bowl. Season with **salt** and **pepper** and mix well.

Pop the **chicken breasts** onto a baking tray and season them well. Spoon a **quarter** of the **mayo** over the top half of each **breast**. Sprinkle over the **crumb mixture** and press it down with a spoon. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Make your Mash

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

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**, then stir in the **cheese**. Cover with a lid to keep warm.



Bake until Golden

When the oven is hot, roast the **chicken** on the top shelf until cooked through and golden on top, 25-30 mins. **TIP: Cover the chicken with foil if the crumb is browning too quickly. IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Fry the Beans

When the **chicken** has 10 mins of cooking time left, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



Get Prepped

While the **chicken** roasts, chop the **potatoes** into 2cm chunks (peel first if you prefer).

Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).

Grate the **Cheddar cheese**.



Finish and Serve

In a small bowl, mix the remaining **mayo** with the **sweet chilli sauce** and set aside.

When everything is ready, serve the **chicken** on your plates with the **mash** and **beans** alongside.

Top with a dollop of the **sweet chilli mayo** to finish.

Enjoy!