



Pan Fried Chicken

with Roasted Squash and Garlicky Greens

Family Hands On Time: 25 Minutes • Total Time: 40 Minutes • 2 of your 5 a day

7



Butternut Squash



Garlic Clove



Lemon



Ground Coriander



Chicken Breast



Spring Greens



Mayonnaise

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Two Baking Trays, Fine Grater (or Garlic Press), Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	1	1
Ground Coriander	1 small pot	1 large pot	2 small pots
Chicken Breast**	2	3	4
Spring Greens**	1 bag	2 bags	2 bags
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	534g	100g
Energy (kJ/kcal)	1552/371	291/69
Fat (g)	12	2
Sat. Fat (g)	2	0
Carbohydrate (g)	23	4
Sugars (g)	13	2
Protein (g)	43	8
Salt (g)	1.77	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard

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.

Contact

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Packed in the UK

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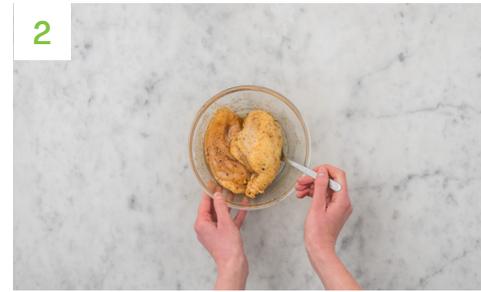
60 Worship St, London EC2A 2EZ

You can recycle me!



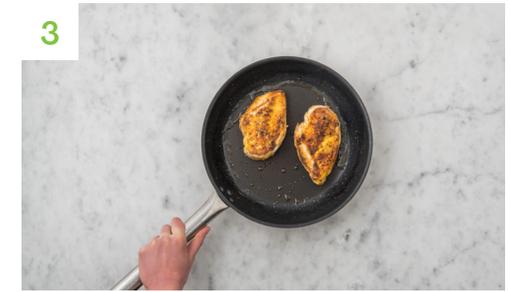
Squash Time

Preheat your oven to 220°C. Trim the **butternut squash**, halve lengthways and scoop out the seeds. Chop it widthways into 1cm wide slices, then chop into 1cm chunks (no need to peel). Lay on a baking tray, drizzle with **oil, salt and pepper**. Toss to coat, then spread evenly and roast on the top shelf of your oven until soft and golden, 25-30 mins, turn halfway through cooking.



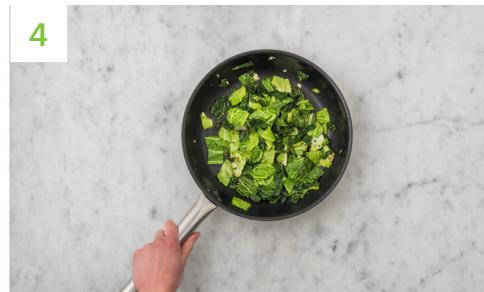
Coat the Chicken

Meanwhile, peel and grate the **garlic** (or use a garlic press), set aside. Zest and halve the **lemon**. Put the **ground coriander** and **lemon zest** in a large bowl with a pinch of **salt** and **pepper** and a drizzle of **oil**. Mix to combine, then add the **chicken breasts** to the bowl. Toss to coat in the **mixture** and then set aside. **IMPORTANT:** Always wash your hands after handling raw chicken.



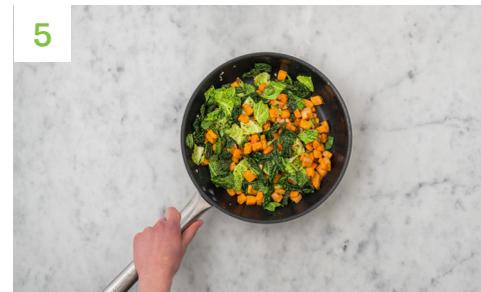
Cook the Chicken

Heat a dry frying pan on high heat (no oil). Once the pan is hot, lay in the **chicken** skin-side down and cook until the skin is nice and crispy, about 5-6 mins. Turn and cook for 2 mins on the other side, then transfer to a baking tray. Don't wash out your pan we'll use this later. Roast the **chicken** in your oven until cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Fry the Greens

When everything has around 6 mins of cooking time left, pop your frying pan back on medium-high heat and add a splash of **oil**. Add the **spring greens**, a pinch of **salt** and **pepper** and stir-fry until softened, 3-5 mins. Add the **garlic** to the **greens**, stir and cook for 1 minute. Remove from the heat.



Mix

Once the **chicken** and **squash** are cooked, remove from the oven and pop your **chicken** on a board to rest. Stir the **squash** through the **greens** either in your baking tray or frying pan - whichever is easiest!



Finish and Serve

Pop the **mayo** in a bowl and add a squeeze of **lemon** and a pinch of **salt** and **pepper**. Mix together. Thinly slice the **chicken**. Serve the **squash** and **greens** in bowls with the **chicken** on top and a dollop of **lemony mayonnaise**.

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.