



More Than Food

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Garlicky Courgette Chicken Gratin with Roasted New Potatoes

Life's most precious commodity is time and tonight we want to make sure you've got more of it to do stuff that counts. That's why tonight's Quick Dish is big on flavour and nutrition but small on prep time. Get the oven pre-heating pronto, get a helper to grate the courgette and before you know it you'll be relaxing and reflecting on another homemade dinner well done.



30 mins



healthy



gluten free



Courgette



Boursin Cheese



New Potatoes




Chicken Breast



Steve's Leaves:
Pea Shoots & Baby Leaves

Ingredients

	2P	4P
Courgette, grated	1	2
Boursin Cheese 1	3 tbsp	5 tbsp
New Potatoes, quartered	1 pack	2 packs
Chicken Breast	2	4
Steve's Leaves: Pea Shoots & Baby Leaves	1 bag	2 bags

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

Nutrition per serving: Calories: 414 kcal | Protein: 34 g | Carbs: 34 g | Fat: 15 g | Saturated Fat: 9 g



1 Pre-heat your oven to 200 degrees.

potatoes to the bottom shelf whilst the chicken cooks.



2 Remove the ends of your courgette, then coarsely grate. Remove some of the excess water out of the courgette by squeezing it between a few sheets of kitchen towel or a clean tea towel. Mix the courgette with $\frac{1}{2}$ tbsp of oil, the boursin and $\frac{1}{4}$ tsp of salt and pepper.

6 Toss the salad leaves in a little oil, a pinch of salt and a few good grinds of pepper.



3 Cut the new potatoes into quarters. Toss the potatoes in 1 tbsp of oil, lay on a baking tray and put on the top shelf of your oven for 15-20 mins until crispy.

7 Serve the crispy roasted potatoes with the courgette topped chicken and a handful of the salad.



4 Sandwich your chicken breasts between two pieces of clingfilm (if you have some). Bash the chicken with a rolling pin until it is 1cm thick all over. **Tip:** *If you don't have a rolling pin you can improvise with a heavy saucepan/cricket bat etc.*

5 Pile the courgette mixture on top of each chicken breast. Put on a tray in the oven and cook for 15 mins until cooked through. Then pop them under a hot grill for a few mins until golden brown on top. **Tip:** *You can move your*

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