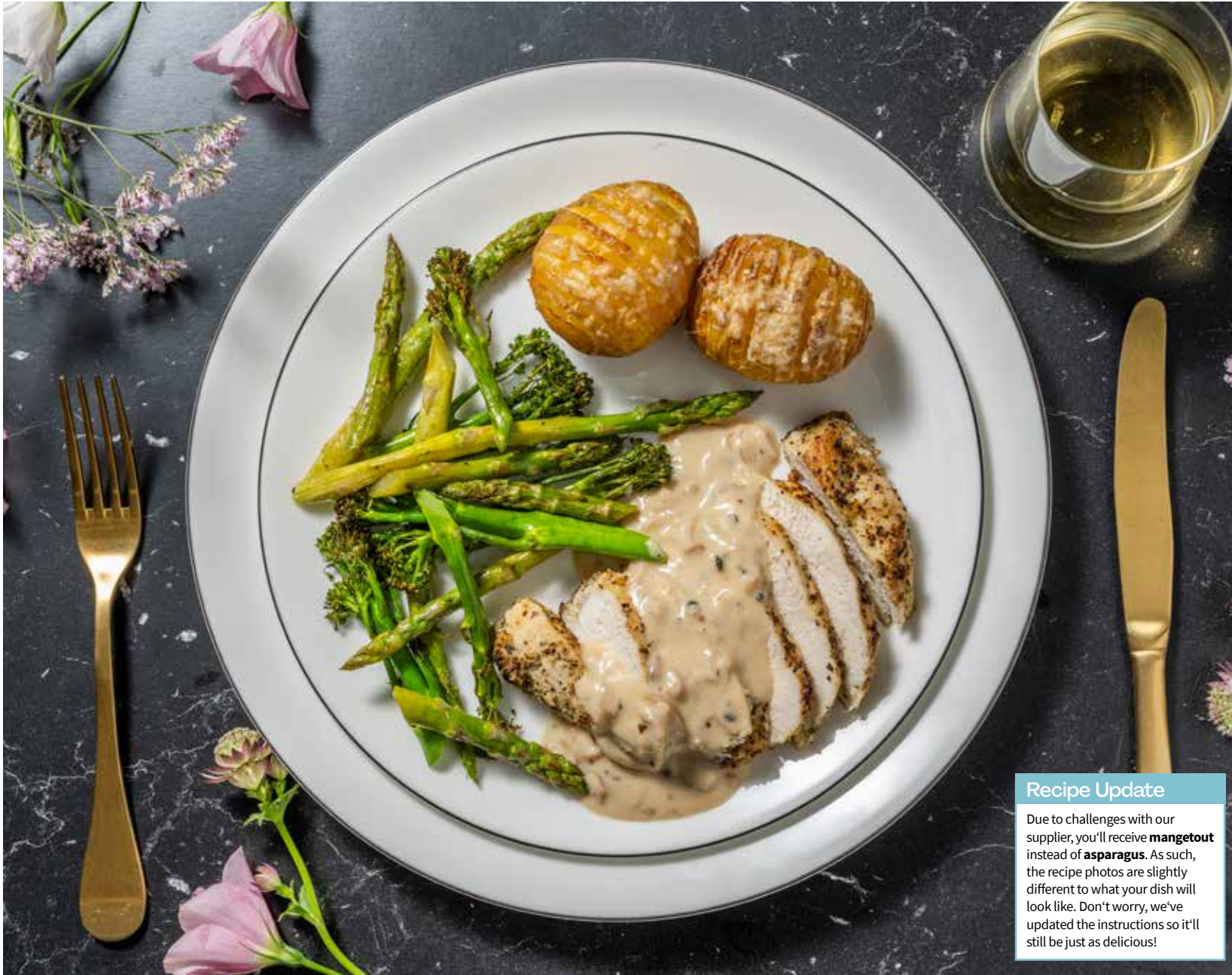




Roast Chicken Breast and Peppercorn Sauce with Hasselback Potatoes, Mangetout and Tenderstem® Broccoli

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Premium 45-50 Minutes • 2 of your 5 a day



Salad Potatoes



Echalion Shallot



Mangetout



Tenderstem® Broccoli



Chicken Breasts



Lemon & Herb Seasoning



Cracked Black Pepper



Cider Vinegar



Chicken Stock Paste



Creme Fraiche



Parmigiano Reggiano

Recipe Update

Due to challenges with our supplier, you'll receive **mangetout** instead of **asparagus**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	500g	850g	1000g
Echalion Shallot**	1	2	2
Mangetout**	160g	160g	320g
Tenderstem® Broccoli**	150g	200g	300g
Chicken Breasts**	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Cracked Black Pepper	1 sachet	2 sachets	2 sachets
Cider Vinegar 14)	15ml	30ml	30ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	150g	150g
Parmigiano Reggiano** 7)	20g	40g	40g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	687g / 2647 / 633	100g / 386 / 92
Fat (g)	20.1	2.9
Sat. Fat (g)	10.8	1.6
Carbohydrate (g)	62.7	9.1
Sugars (g)	11.5	1.7
Protein (g)	55.1	8.0
Salt (g)	1.60	0.23

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **14)** Sulphites

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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Hasselback the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Place a few **potatoes** at a time in between two wooden spoon handles on a board. Make slices widthways at 3mm intervals, making sure not to cut the whole way through. Repeat with the remaining **potatoes**.

Put the **potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden and tender, 35-40 mins.



Make your Peppercorn Sauce

Return the (now empty) **chicken** pan to medium heat with a drizzle of **oil** (no need to clean).

Once hot, add the **shallot** and stir-fry until softened, 3-4 mins. Add the **cracked black pepper** and **cider vinegar**, then allow the **vinegar** to bubble away.

Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount) and simmer until reduced by half, 2-3 mins.

Lower the heat, then mix in the **creme fraiche** and simmer until slightly thickened, 1-2 mins. Remove from the heat.



Prep Time

While the **potatoes** cook, halve, peel and thinly slice the **shallot**.

Pop the **Tenderstem® broccoli** and **mangetout** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer and set aside.

In a large bowl, add the **chicken breasts**, **lemon & herb seasoning**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Rub to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Cheese Please

When the **potatoes** have 5 mins remaining, remove the tray from the oven and sprinkle over the **Parmigiano Reggiano**.

Return to the oven and bake until golden and the **cheese** has melted, 5 mins.

When the **chicken** is cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



Roast the Chicken and Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.

Once browned, transfer the **chicken** to the baking tray alongside the **veg** and roast on the middle shelf of your oven until the **veg** is tender and **chicken** is cooked through, 10-12 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.



Slice and Serve

When everything's ready, reheat the **peppercorn sauce** if needed, adding a splash of **water** if it's a little too thick.

Cut the **chicken** widthways into 2cm slices, then plate up with the **hasselback potatoes** and **roasted veg** alongside.

Spoon the **peppercorn sauce** over the **chicken** to finish.

Enjoy!