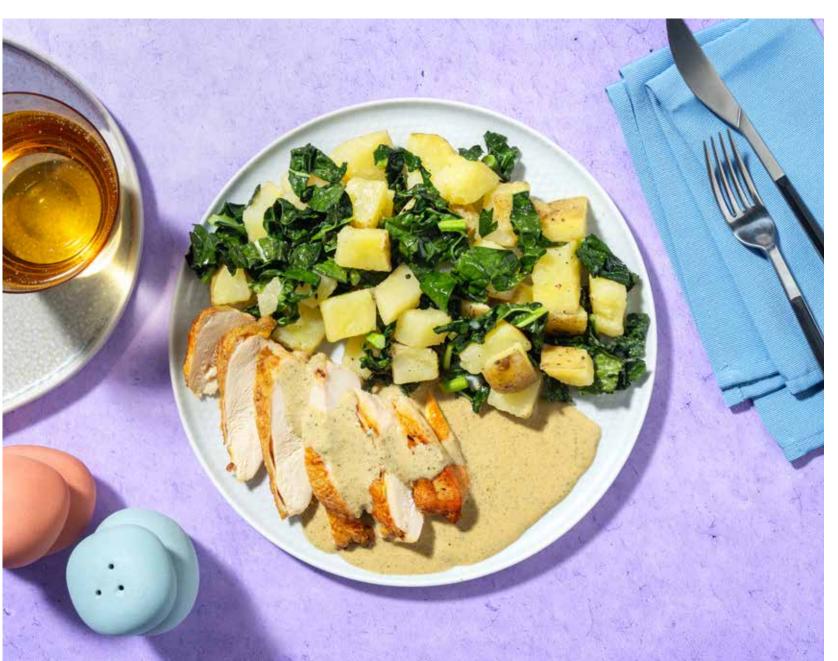


Roasted Chicken and Creamy Pesto Sauce

with Buttered Potatoes and Cavolo Nero







Skin-On Chicken





Chopped Cavolo



Garlic Clove



Chicken Stock



Fresh Pesto

Before you start

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

Cooking tools

Kettle, frying pan, baking tray, saucepan, colander, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P	
Skin-On Chicken Breasts**	2	3	4	
Potatoes	450g	700g	900g	
Chopped Cavolo Nero**	100g	150g	200g	
Garlic Clove**	1	2	2	
Chicken Stock Paste	10g	15g	20g	
Creme Fraiche** 7)	75g	120g	150g	
Fresh Pesto** 7)	32g	48g	64g	
Pantry	2P	3P	4P	
Water for the Sauce*	100ml	150ml	200ml	
Butter*	15g	20g	30g	
*National and **Chause in the Fridge				

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	553g	100g
Energy (kJ/kcal)	2899 /693	525/125
Fat (g)	36.7	6.6
Sat. Fat (g)	15.8	2.9
Carbohydrate (g)	49.7	9.0
Sugars (g)	4.8	0.9
Protein (g)	45.5	8.2
Salt (g)	1.66	0.30

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

Allergens

7) Milk

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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HelloFresh UK

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Roast the Chicken

- a) Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- **b)** Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, lay the **chicken** into the pan, skin-side down. Season with salt and pepper.
- c) Fry until golden, 3-4 mins, then turn and cook for 1 min on the other side.
- **d)** Transfer to a baking tray, skin-side up, then roast on the top shelf of your oven until cooked through, 12-15 mins. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Potato Time

- a) Meanwhile, fill a large saucepan with the boiling water and ½ tsp salt and pop on high heat.
- b) Chop the potatoes into 2cm chunks (no need to peel) and add to the pan.
- c) Cook until you can easily slip a knife through, 12-15 mins. Add the cavolo nero for the final 3-4 mins of cooking time. TIP: Remove any tough stalks from the cavolo nero.
- d) Once cooked, drain well in a colander and return to the pan, off the heat. Cover with a lid to keep warm.



Finish the Prep

- a) While the potatoes cook, peel and grate the garlic (or use a garlic press).
- **b)** Return the (now empty) frying pan to medium heat with a drizzle of oil.



Make the Pesto Sauce

- a) Once hot, add the garlic to the pan. Fry for 1 min.
- **b)** Add the water for the sauce (see pantry for amount) and chicken stock paste. Stir and bring to the boil, then simmer until slightly reduced,
- c) Stir through the creme fraiche and pesto, then remove from the heat.



Finishing Touches

- a) When the chicken is almost cooked, reheat the sauce if needed. Add a splash of water if it's a little thick.
- b) Season the cooked cavolo nero and potatoes with salt and pepper. Add the butter (see pantry for amount) and stir to combine.



Serve Up

- a) Slice the chicken widthways and transfer to your plates.
- b) Serve with the cavolo nero and potatoes.
- c) Spoon the creamy pesto sauce over the chicken to finish.

Enjoy!