

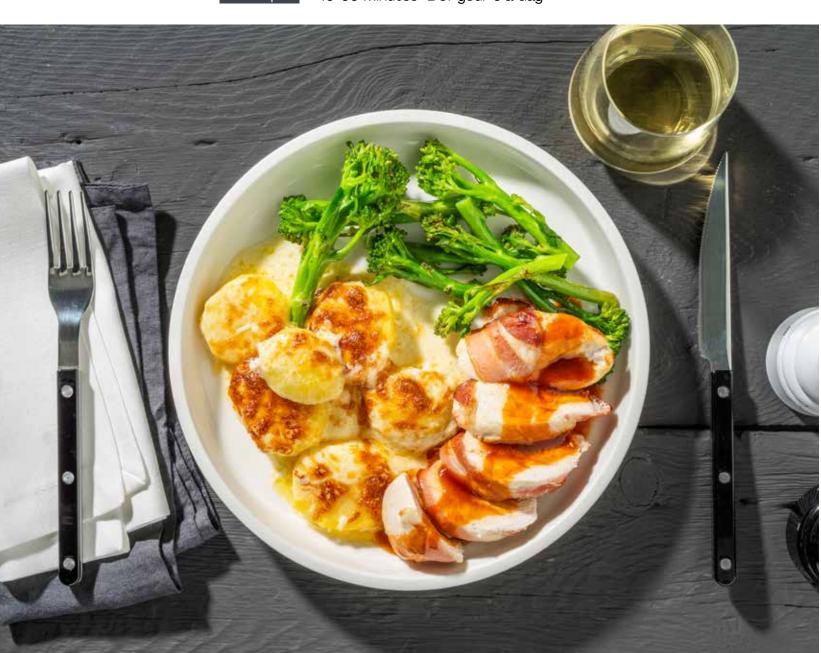
Sticky Hunter's Chicken

with Creamy Gratin and Roasted Tenderstem®

Gastropub

45-50 Minutes • 1 of your 5 a day







Potatoes









Chicken Breasts

Garlic Clove



Streaky Bacon



Creme Fraiche



Chicken Stock



Tenderstem® Broccoli



BBQ Sauce



Before you start

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

Cooking tools

Saucepan, colander, grater, garlic press, ovenproof dish, baking tray and aluminium foil.

Ingredients

9				
Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
Mature Cheddar Cheese** 7)	30g	45g	60g	
Garlic Clove**	2	3	4	
Chicken Breasts**	2	3	4	
Streaky Bacon**	4 rashers	6 rashers	8 rashers	
Creme Fraiche** 7)	150g	225g	300g	
Chicken Stock Paste	10g	15g	20g	
Tenderstem® Broccoli**	150g	200g	300g	
BBQ Sauce	96g	128g	160g	
Pantry	2P	3P	4P	
Reserved Potato Water*	100ml	150ml	200ml	
Water for the Sauce*	50ml	75ml	100ml	
*Not Included **Store in the Eridge				

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Nutrition

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Typical Values	Per serving	Per 100g
for uncooked ingredient	713g	100g
Energy (kJ/kcal)	3658 /874	513/123
Fat (g)	40.5	5.7
Sat. Fat (g)	22.3	3.1
Carbohydrate (g)	72.0	10.1
Sugars (g)	14.6	2.0
Protein (g)	58.9	8.3
Salt (g)	3.31	0.46

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.

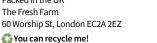
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water to the boil with 1/2 tsp salt.

Peel and slice the **potatoes** into 1cm thick rounds.

Once boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins.

Once cooked, reserve some of the potato water (see pantry for amount), then carefully drain in a colander.



Get Prepped

Meanwhile, grate the cheese. Peel and grate the garlic (or use a garlic press).

Wrap each chicken breast in 2 rashers of bacon. **IMPORTANT:** Wash your hands and equipment after handling raw meat and its packaging.

Pop the (now empty) **potato** pan back on mediumhigh heat with a drizzle of oil.

Once hot, add the garlic. Cook, stirring frequently, for 1 min.



Gratin Time

Add the creme fraiche, chicken stock paste, reserved potato water and half the grated **cheese** to the pan.

Mix together, bring to the boil, then remove from the heat. Season to taste with salt and pepper.

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**.

Sprinkle the remaining **cheese** on top. Set aside.



Bake your Chicken

Pop the bacon wrapped chicken onto a baking tray. Roast on the top shelf until cooked through, 25-30 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.

Bake the **gratin** on the middle shelf of your oven until golden brown and bubbly, 20-25 mins. TIP: Put the dish onto a baking tray to catch any drips.



Bring on the Broccoli

When 10-15 mins of cooking time remain, pop the **Tenderstem®** onto the same tray as the **chicken**. Drizzle with oil, season with salt and pepper, then bake until tender, 10-15 mins.

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

Meanwhile, clean the **creamy sauce** saucepan.

Pour the BBQ sauce and water for the sauce (see pantry for amount) into the (now empty) saucepan on medium-high heat. Bring to the boil, then simmer, stirring frequently, for 3-4 mins. Remove from the heat.



Slice and Serve

When everything's ready, reheat the BBQ sauce if needed.

Slice the chicken widthways into 2cm thick slices and transfer to your plates. Serve the gratin and roasted Tenderstem® alongside.

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

Enjoy!