



Sticky Hunter's Chicken

with Creamy Gratin and Roasted Tenderstem®

Gastropub 45-50 Minutes • 1 of your 5 a day

33



Potatoes



Mature Cheddar
Cheese



Garlic Clove



Chicken Breasts



Streaky Bacon



Creme Fraiche



Chicken Stock
Paste



Tenderstem® Broccoli



BBQ Sauce

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

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

Ingredients

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
Crème Fraîche** 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 Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	713g 3658 / 874	100g 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.

Contact

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1



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 **½ 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.

4



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.*

2



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 medium-high heat with a drizzle of **oil**.

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

5



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.

3



Gratin Time

Add the **crème fraîche**, **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.

6



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!