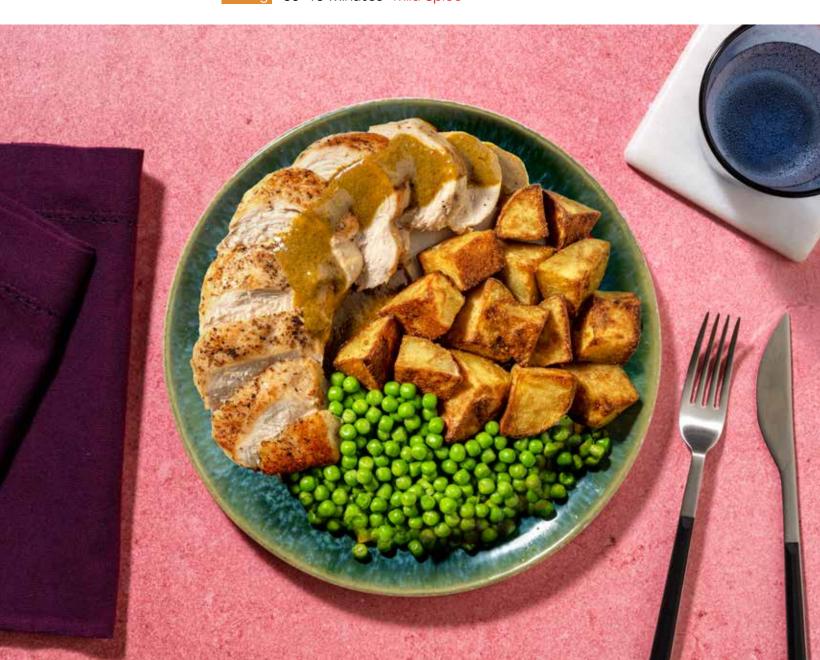


Creamy Coronation Chicken

with Peas and Bombay Style Potatoes

35-40 Minutes • Mild Spice







Potatoes







Garlic Clove



Chicken Breasts



Curry Powder Mix



Creme Fraiche





Peas

Before you start

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

Cooking tools

Baking tray, garlic press, frying pan, aluminium foil and

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Sri Lankan Style Curry Powder	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Chicken Breasts**	2	3	4
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Mango Chutney	40g	60g	80g
Creme Fraiche** 7)	75g	120g	150g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	549g	100g
Energy (kJ/kcal)	2443 /584	445/106
Fat (g)	16.6	3.0
Sat. Fat (g)	8.6	1.6
Carbohydrate (g)	66.2	12.1
Sugars (g)	17.3	3.2
Protein (g)	48.2	8.8
Salt (g)	0.92	0.17

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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Bombay Style Potato Time

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a large baking tray.

Sprinkle over the Sri Lankan style curry powder (add less if you'd prefer things milder). Drizzle with oil, season with salt and pepper, then toss to coat. Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Get Prepped

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

Season the chicken breasts with salt and pepper. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Fry the Chicken

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, pop the **chicken** onto a medium baking tray and roast on the top shelf of your oven until cooked through, 15-20 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.

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



Make your Coronation Sauce

Meanwhile, pop the (now empty) frying pan on medium heat with a drizzle of oil (no need to clean).

Add the curry powder mix and half the garlic to the pan. Stir-fry for 1 min.

Stir in the mango chutney and water for the sauce (see pantry for amount). Bring to the boil and simmer until reduced slightly, 2-3 mins. Stir through the **creme fraiche**, then remove from the heat.

Taste and season with salt and pepper if needed.



Easy Peas-y

When the **potatoes** have 5 mins left, heat a drizzle of oil in a medium saucepan on medium-high heat. Once hot, add the peas and stir-fry for 2-3 mins.

Add the remaining garlic and fry until fragrant, 1 min, then remove from the heat.

Reheat the creamy coronation sauce if needed, adding a splash of water if it's a little too thick.



Slice and Serve

When the **chicken** is ready, cut into 2cm thick slices and share between your plates. Spoon over the creamy coronation sauce.

Serve with the **bombay style potatoes** and **peas** on the side.

Enjoy!