



Fantastical Fig, Balsamic & Red Wine Chicken with Hasselback Potatoes and Scrummy Yummy Green Beans

10

Wonka 40-45 Minutes • 1 of your 5 a day



Salad Potatoes



Garlic Clove



Mixed Herbs



Honey



Chicken Breasts



Green Beans



Echalion Shallot



Balsamic Vinegar



Fig Jam



Red Wine Stock Paste

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

Discover wondrous flavours

To celebrate the release of *Wonka*, in cinemas 8th December, we've created wondrous recipes inspired by the movie.

Wonka



In Cinemas December 8

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, garlic press, bowl, baking paper, kettle, frying pan, saucepan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Garlic Clove**	1	2	2
Mixed Herbs	1 sachet	1 sachet	2 sachets
Honey	15g	22g	30g
Chicken Breasts**	2	3	4
Green Beans**	150g	200g	300g
Echalion Shallot**	1	1	2
Balsamic Vinegar (14)	12ml	18ml	24ml
Fig Jam	40g	60g	80g
Red Wine Stock Paste (14)	28g	42g	56g
Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	534g	100g
	2377 /568	445 /106
Fat (g)	16.5	3.1
Sat. Fat (g)	6.9	1.3
Carbohydrate (g)	64.6	12.1
Sugars (g)	26.2	4.9
Protein (g)	44.8	8.4
Salt (g)	2.34	0.44

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

Allergens

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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Make the Hasselback 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 middle shelf until golden and tender, 35-40 mins.



Make the Sauce

While the chicken roasts, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **shallot** and cook until softened, 3-4 mins, then add the **balsamic vinegar** and cook until almost evaporated.

Stir in the **fig jam**, **red wine stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until thickened, 4-5 mins.

Once thickened, vigorously stir in the **butter** (see pantry for amount) until melted, then remove from the heat.



Marinate the Chicken

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

Pop the **garlic** into a medium bowl along with the **mixed herbs**, **honey** and **olive oil for the marinade** (see pantry for amount). Season with **salt** and **pepper**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Add the **chicken** to the bowl and mix together so it's nicely coated. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Cook the Green Beans

When the **potatoes** have about 10 mins left, pour the **boiled water** from your kettle into a medium saucepan with ½ **tsp salt** and put on high heat.

Bring back to the boil, then add the **green beans** and cook until just tender, 4-6 mins. Drain in a colander, then return to the saucepan.

Season with **salt** and **pepper**, toss in **olive oil** and cover to keep warm.



Time to Roast

Lay the **chicken breasts** onto another large lined baking tray and roast on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Meanwhile, boil a half-full kettle for the **beans**.

Trim the **green beans**.

Halve, peel and chop the **shallot** into small pieces.



Finish and Serve

When cooked, remove the **chicken** from your oven, cover with foil and allow to rest for a couple of mins. While it rests, reheat the **sauce** if needed.

Thinly slice the **chicken** and transfer to your plates. Pour over the **fig**, **balsamic** and **red wine sauce**.

Serve the **hasselback potatoes** and **green beans** on the side.

Enjoy!

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Worke

