



# Creamy Chicken à la Normande with Apples and Spring Green Colcannon

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories

24



Potatoes



Apple



Garlic Clove



Sliced Spring Greens



Chicken Breasts



Chicken Stock Paste



Wholegrain Mustard



Crème Fraîche

#### Pantry Items

Oil, Salt, Pepper, Plain Flour, Butter



## 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, garlic press, baking paper, rolling pin, frying pan, colander, potato masher and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Apple**	1	1	2
Garlic Clove**	1	2	2
Sliced Spring Greens**	150g	200g	300g
Chicken Breasts**	2	3	4
Chicken Stock Paste	10g	15g	20g
Wholegrain Mustard <b>9)</b>	17g	25g	34g
Creme Fraiche** <b>7)</b>	75g	120g	150g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Water for the Sauce*	75ml	100ml	125ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	610g	100g
Energy (kJ/kcal)	2711/648	444/106
Fat (g)	26.4	4.3
Sat. Fat (g)	14.0	2.3
Carbohydrate (g)	58.3	9.6
Sugars (g)	10.9	1.8
Protein (g)	48.6	8.0
Salt (g)	1.83	0.30

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

## Allergens

### 7) Milk 9) Mustard

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, cereals containing 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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## Get Prepped

Bring a large saucepan of **water** with  $\frac{1}{2}$  **tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Core and slice the **apple** into 12 wedges (no need to peel). Peel and grate the **garlic** (or use a garlic press).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

When the **potatoes** have 5 mins left, add the **spring greens** to the same pan and cook for the remaining time.



## Bring on the Sauce

Wipe out the (now empty pan) and pop back on medium heat.

Melt in the **butter** (see pantry for amount). Once melted, add the **apple** and fry until starting brown and soften, stirring occasionally, 5-7 mins.

Stir in the **garlic** and fry for 1 min more

Stir through the **chicken stock paste**, **wholegrain mustard** (add less if you'd prefer) and **water for the sauce** (see pantry for amount). Season with **salt** and **pepper**. Simmer until thickened, 4-6 mins.



## Bash the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 2-3cm thick. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Mash Time

Meanwhile, once the **potatoes** and **cabbage** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until the **potatoes** are smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

Once the **sauce** has thickened, stir through the **creme fraiche**.

Return the **chicken** to the pan and turn coat in the **sauce**, then simmer until piping hot, 1-2 mins.



## Time to Fry

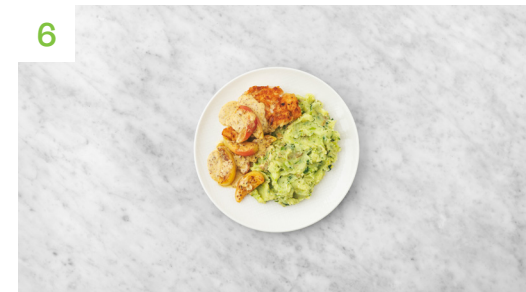
Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Season the **chicken** with **salt** and **pepper**, then lightly dust with **flour** (see pantry for amount).

Once the **oil** is hot, lay the **chicken** into the pan. Fry until golden brown, 5-6 mins each side.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

Once cooked, remove from the pan and set aside.



## Serve Up

When everything's ready, share the **mash** between your serving bowls.

Top with the **chicken breast** and spoon over the **creamy apple sauce** to finish.

## Enjoy!