



# Chicken in Bacon and Mushroom Sauce with Garlic Mash and Roasted Carrots

Customised 35-40 Minutes • 2 of your 5 a day

39B



Carrot



Chicken Breasts



Garlic Clove



Potatoes



Bacon Lardons



Sliced Mushrooms



Red Wine Jus Paste

### CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.  
Happy cooking!

**Pantry Items**  
Oil, Salt, Pepper, Honey

## 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, baking paper, saucepan, aluminium foil, colander, lid, frying pan, kitchen scissors and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Chicken Breasts**	2	3	4
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Bacon Lardons**	60g	90g	120g
Sliced Mushrooms**	120g	180g	240g
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>734g</b>	<b>100g</b>
Energy (kJ/kcal)	2269 /542	309 /74
Fat (g)	10.9	1.5
Sat. Fat (g)	3.2	0.4
Carbohydrate (g)	64.6	8.8
Sugars (g)	18.5	2.5
Protein (g)	51.7	7.0
Salt (g)	2.03	0.28

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

## Allergens

**10) Celery 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, 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Chicken and Veg Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop onto a large lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer on one side of the tray.

Pop the **chicken breasts** onto the other side of the tray and drizzle with **honey** (see pantry for amount) and season with **salt** and **pepper**. **TIP:** Use two *baking trays if necessary*. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Make the Sauce

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **bacon** and cook, 2-3 mins. Add the **mushrooms**, then stir-fry until both are golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook *bacon thoroughly*.

Pour in the **water for the sauce** (see pantry for amount) and bring to the boil, then stir in the **red wine jus paste**. **TIP:** If your red wine jus paste has hardened, *pop it in a bowl of hot water for 1 min*.

Reduce the heat to medium-high and allow the **sauce** to thicken, stirring regularly, 5-6 mins. Remove from the heat.



## Ready to Roast

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

When the oven is hot, roast the **carrots** and **chicken** on the top shelf until the **carrots** are tender and the chicken is cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add the **garlic parcel** to the same tray to roast until soft, 10-12 mins, then remove and set aside.



## Garlic Mash Time

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add the **garlic** to the **cooked potatoes** with a knob of **butter** and a splash of **milk** (if you have any) and **mash** until smooth. Season to taste with **salt** and **pepper**.

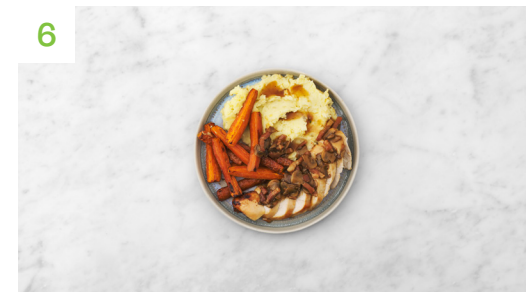


## Cook the Potatoes

While everything roasts, chop the **potatoes** into 2cm chunks (peel first if you prefer).

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

Once cooked, drain in a colander and pop back into the pan. Cover with a lid to keep warm.



## Serve

When everything's ready, reheat the **sauce** if necessary, adding a splash of **water** if needed.

Divide your **chicken** between your plates, then serve with the **garlic mash** and **roasted carrots** alongside.

Spoon over the **bacon and mushroom sauce** to finish.

Enjoy!