



# Cheese and Caramelised Onion Chicken

with Garlic Mash and Sugar Snap Peas

27

Calorie Smart 35-40 Minutes • 1 of your 5 a day • Under 650 Calories



Potatoes



Mature Cheddar  
Cheese



Onion Marmalade



Garlic Clove



Chicken Breasts



Mixed Herbs



Sugar Snap Peas

**Pantry Items**

Oil, Salt, Pepper, Mayonnaise

## 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, grater, bowl, cling film, rolling pin, colander, lid, frying pan, baking tray and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mature Cheddar Cheese** 7)	30g	40g	60g
Onion Marmalade	40g	60g	80g
Garlic Clove**	2	3	4
Chicken Breasts**	2	3	4
Mixed Herbs	1 sachet	1 sachet	2 sachets
Sugar Snap Peas**	150g	300g	300g
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	516g 2460/588	100g 476/114
Fat (g)	19.3	3.7
Sat. Fat (g)	5.0	1.0
Carbohydrate (g)	57.9	11.2
Sugars (g)	13.1	2.5
Protein (g)	50.0	9.7
Salt (g)	0.79	0.15

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, 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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## Get Prepped

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

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Grate the **cheese**.

Put the **onion marmalade** into a bowl and use a spoon to break it up.

Peel the **garlic cloves**.



## Flatten the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

Sprinkle the **mixed herbs** over the **chicken**.

Once the **water** is boiling, add the **potatoes** and **garlic cloves** and cook until you can easily slip a knife through the **potatoes**, 15-20 mins.

Once cooked, drain in a colander, then pop the **potatoes** and **garlic** back into the pan and cover with a lid to keep warm.



## Say Cheese

Divide the **onion marmalade** between the top of each **chicken breast**, using a spoon to spread it out. Sprinkle the **cheese** on top and press it down with the back of the spoon.

When your grill is hot, grill the **chicken** until the **cheese** is golden and bubbly, 3-5 mins. Allow to rest for 2 mins before serving.



## Bring on the Sugar Snaps

While the **chicken** is grilling, pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil** (no need to clean).

Once hot, add the **sugar snap peas** and stir-fry until tender, 2-3 mins, then remove from the heat.



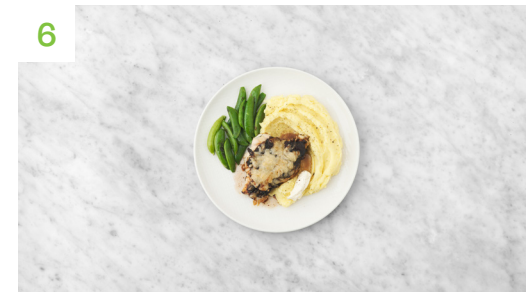
## Time to Fry

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once the pan is hot, lay in the **chicken**. Fry until golden brown, 5-6 mins each side. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Meanwhile, preheat your grill to high.

Once browned, transfer the **chicken** to a baking tray and set the pan aside.



## Finish and Serve

Meanwhile, add a knob of **butter** and splash of **milk** (if you have any) to the **potatoes**. Mash with the **garlic** until smooth, then season with **salt** and **pepper**.

When everything's ready, serve the **chicken** with the **garlic mash**, **sugar snaps** and a dollop of **mayo** alongside (see pantry for amount).

Enjoy!