



# Apple and Sage Glazed Chicken with Mash and Buttered Onions

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

1



Potatoes



Onion



Green Beans



Chicken Stock  
Paste



Skin-On British  
Chicken Breasts



Apple and Sage  
Jelly

#### Pantry Items

Oil, Salt, Pepper, 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

Kettle, measuring jug, frying pan, ovenproof dish, colander, potato masher, lid and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	2	2
Green Beans**	150g	200g	300g
Chicken Stock Paste	10g	15g	20g
Skin-On British Chicken Breasts**	2	3	4
Apple and Sage Jelly	50g	74g	100g
Pantry	2P	3P	4P
Boiled Water for the Stock*	100ml	150ml	200ml
Butter*	30g	40g	60g
Water for the Glaze*	50ml	75ml	100ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	650g 2717 /649	100g 418 /100
Fat (g)	24.0	3.7
Sat. Fat (g)	11.0	1.7
Carbohydrate (g)	67.8	10.4
Sugars (g)	22.9	3.5
Protein (g)	45.1	6.9
Salt (g)	1.41	0.22

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

## Allergens

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, mollusc, 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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle. Put a large saucepan of **water** with **½ tsp salt** on to boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **onion**.

Trim the **green beans**.

Put **half the chicken stock paste** in a measuring jug and pour in the **boiled water for the stock** (see pantry for amount) from your kettle - this is your **chicken stock**.



## Make your Mash

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

Once 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 smooth.

Season with **salt** and **pepper**. Cover with a lid to keep warm.

Meanwhile, heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat.



## Saute the Onions

Heat a large frying pan on medium heat.

Once hot, add the **butter** (see pantry for amount) and **onion**. Season with **salt** and **pepper**. Cook, stirring, until softened, 3 mins.

Pour in your **chicken stock** and stir to combine, then transfer everything to an ovenproof dish and set aside.

Wipe out the (now empty) pan and pop on medium-high heat with a drizzle of **oil**.



## Bring on the Beans

Once hot, add the **green beans** to the pan and stir-fry until starting to char, 2-3 mins, then add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins.

Season with **salt** and **pepper**, then remove from the heat. Transfer the **beans** to a medium bowl and cover to keep warm.

Add the **apple and sage jelly** to the pan and warm through on low heat.

Stir in the remaining **chicken stock paste** and the **water for the glaze** (see pantry for amount). Bring to the boil and allow to bubble for 30 secs, then remove from the heat.



## Time to Fry

Once hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to the ovenproof dish, skin-side up, then bake on the top shelf of your oven until cooked, 18-25 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

Once the **chicken** is cooked, remove from your oven and leave to rest for a couple of mins.



## Serve Up

When everything's ready, share the **mash** between your plates and serve the **buttered onions** and **green beans** alongside (discard any excess liquid).

Top with the **chicken** and spoon over the **apple and sage jelly glaze** to finish.

## Enjoy!