



Roasted Chicken and Chive Sauce with Buttered Peas and Potatoes

Quick 20-25 Minutes

16



Skin-On British
Chicken Breasts



Lemon & Herb
Seasoning



Potatoes



Peas



Chives



Garlic Clove



Chicken Stock Paste



Crème Fraîche

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, frying pan, baking tray, saucepan, colander, lid and garlic press.

Ingredients

Ingredients	2P	3P	4P
Skin-On British Chicken Breasts**	2	3	4
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Potatoes	450g	700g	900g
Peas**	120g	180g	240g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Chicken Stock Paste	5g	7g	10g
Creme Fraiche** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml
Butter*	15g	20g	30g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	539g	100g
Energy (kJ/kcal)	2721 /650	505 /121
Fat (g)	29.6	5.5
Sat. Fat (g)	14.4	2.7
Carbohydrate (g)	55.1	10.2
Sugars (g)	7.3	1.4
Protein (g)	47.1	8.7
Salt (g)	0.92	0.17

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, 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.

Contact

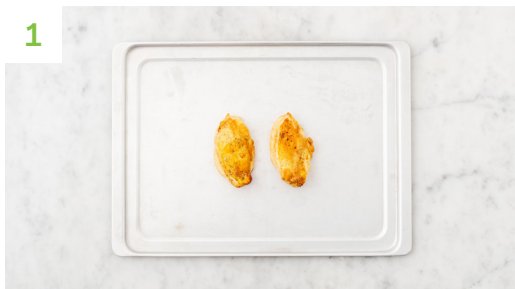
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Roast the Chicken

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.

b) Heat a drizzle of **oil** in a frying pan on high heat. Once hot, lay in the **chicken**, skin-side down. Season with **salt** and **pepper**. Fry until golden, 3-4 mins, then turn and cook for 1 min on the other side.

c) Transfer the **chicken** to a baking tray, skin-side up, sprinkle over the **lemon & herb seasoning**, then roast on the top shelf of your oven until cooked, 12-15 mins. Set the pan aside. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Make your Chive Sauce

a) Return the (now empty) frying pan to medium heat. Add a drizzle of **oil** if the pan is dry.

b) Once hot, add the **garlic** to the pan. Stir-fry for 1 min.

c) Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil and simmer until slightly reduced, 2 mins.

d) Mix in the **creme fraiche** and **three quarters** of the **chives**. Season to taste with **pepper**, then remove from the heat.



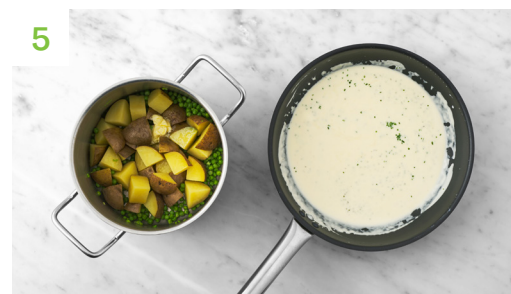
Potato Time

a) Meanwhile, fill a large saucepan with **boiling water** from your kettle and return to the boil with **½ tsp salt**.

b) Chop the **potatoes** into 2cm chunks (no need to peel) and add to the pan.

c) Cook until you can easily slip a knife through, 12-15 mins. Add the **peas** for the final min of cooking time.

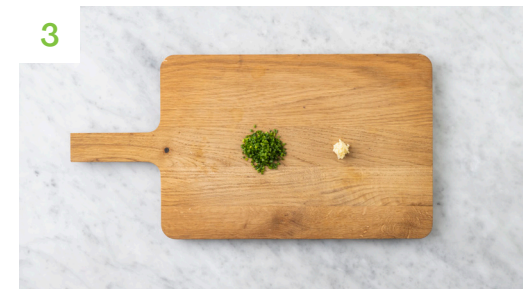
d) Drain well in a colander and return to the pan, off the heat. Cover with the lid to keep warm.



Finish Up

a) When the **chicken** is almost cooked, gently reheat the **sauce**. Add a splash of **water** if it's a little thick.

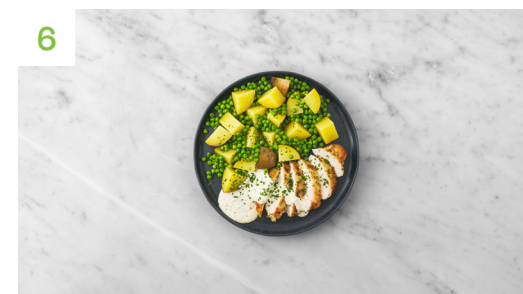
b) Season the **cooked peas** and **potatoes** with **salt** and **pepper**. Add the **butter** (see pantry for amount) and stir to combine.



Chop and Grate

a) While the **potatoes** cook, finely chop the **chives** (use scissors if easier).

b) Peel and grate the **garlic** (or use a garlic press).



Serve

a) Cut the **chicken** widthways into 2cm thick slices, then transfer to your plates.

b) Serve the **peas** and **potatoes** alongside, then spoon the **chive sauce** over the **chicken**.

c) Finish with a sprinkling of the remaining **chives**.

Enjoy!