












Lemon Caper Butter Chicken

with Herby Roasted Potatoes and Honeyed Carrots

24

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



-  Potatoes
-  Mixed Herbs
-  Carrot
-  Garlic Clove
-  Lemon
-  Echalion Shallot
-  British Chicken Breasts
-  Capers
-  Chicken Stock Paste

Pantry Items
Oil, Salt, Pepper, Plain Flour, Butter, 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, garlic press, fine grater, baking paper, rolling pin, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes**	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Carrot**	3	4	6
Garlic Clove**	1	2	2
Lemon**	½	1	1
Echalion Shallot**	1	1½	2
British Chicken Breasts**	2	3	4
Capers	15g	30g	30g
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	30g	40g	60g
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	705g	100g
Energy (kJ/kcal)	2510 /600	356 /85
Fat (g)	17.6	2.5
Sat. Fat (g)	9.2	1.3
Carbohydrate (g)	71.4	10.1
Sugars (g)	21.7	3.1
Protein (g)	46.8	6.6
Salt (g)	2.02	0.29

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.

Contact

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Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Time to Fry

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

Once hot, lay in the **chicken**. Cook until golden brown and cooked through, 5-6 mins each side.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

Once cooked, transfer the **chicken** to a board, cover with foil and allow to rest for a couple of mins.



Carrot Time

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. Roast on the top shelf until tender, 20-25 mins. Turn halfway through.

Meanwhile, peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Halve, peel and chop the **shallot** into small pieces.



Make your Caper Sauce

Pop the (now empty) frying pan back on medium heat with a drizzle of **oil**.

Once hot, add the **shallot** and cook until softened, 4-5 mins.

Add the **garlic** and **capers** to the pan. Fry for 1-2 mins more.

Stir in the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil, then lower the heat and simmer until reduced by half, 2-3 mins.

Stir in the **butter** (see pantry for amount) until melted, then remove from the heat. Add a squeeze of **lemon juice** and stir together. Add a splash of **water** to loosen if needed.



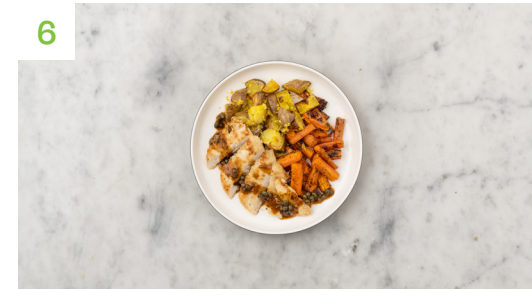
Bash the Chicken

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 1-2cm thick.

Put the **flour** (see pantry for amount) in a medium bowl with a good pinch of **salt** and **pepper**. Mix together.

Lay your **chicken breast** in the bowl, then toss to evenly coat. Repeat for the other **breast(s)**.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Finish and Serve

When everything's ready, stir the **lemon** zest through the roasted **potatoes**. Drizzle the **honey** (see pantry for amount) over the **carrots** and toss to coat.

Cut the chicken widthways into 2cm thick slices and share between your plates. Serve the roasted **potatoes** and **carrots** alongside.

Spoon over the caper **butter sauce** to finish.

Enjoy!