










Roasted Chicken in Red Wine Mushroom Sauce with Garlic Mash and Green Beans

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

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-  Green Beans
-  Skin-On British Chicken Breasts
-  Garlic Clove
-  Mixed Herbs
-  Potatoes
-  Sliced Mushrooms
-  Red Wine Jus Paste

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

Aluminum foil, baking tray, frying pan, saucepan, colander, kitchen scissors and potato masher.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Skin-On British Chicken Breasts**	2	3	4
Mixed Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Sliced Mushrooms**	120g	180g	240g
Red Wine Jus Paste 10) 14)	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2038 / 487	351 / 84
Fat (g)	11.3	1.9
Sat. Fat (g)	3.1	0.5
Carbohydrate (g)	55.9	9.6
Sugars (g)	10.5	1.8
Protein (g)	45.2	7.8
Salt (g)	0.91	0.16

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, 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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Prep the Green Beans

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

Trim the **green beans**. Pop your **green beans** onto a piece of foil with a drizzle of **oil** and season with **salt** and **pepper**. Toss the coat. Fold the foil, sealing on all sides to create a **parcel**.

Pop the **parcel** onto a large baking tray and set aside.

If you'd prefer to boil your green beans, boil them in step 5 while the sauce simmers for 4-6 mins, until tender.



Cook the Potatoes

While the **chicken** cooks, chop the **potatoes** into 2cm chunks (peel first if you prefer). Add to the pan of **boiling water** with **½ tsp salt**. Simmer until you can easily slip a knife through, 15-20 mins.

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

Once hot, add the **mushrooms**. Season with **salt** and **pepper**, then stir-fry until golden and softened, 4-5 mins.

When the **chicken** has 5 mins remaining, drizzle over the **honey** (see pantry for amount). Return to the oven for the remaining time.



Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken** in 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 to sear. **TIP: To ensure crispy skin, don't move the chicken. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

While the **chicken** cooks, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.



Make your Red Wine Sauce

Stir in the **water for the sauce** (see pantry for amount) and **red wine jus paste** into the **mushrooms**. Bring to the boil, then lower the heat and simmer until the **sauce** has reduced by half, 4-5 mins. Remove from the heat. **TIP: If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.**

When the **chicken** is cooked, transfer to a board to rest for a couple of mins. Once the **garlic** is ready, remove from the foil and allow to cool for a couple of mins.

Meanwhile, once the **potatoes** are cooked, drain in a colander and pop them back into the pan.



Get Roasting

Once the **chicken** has seared, transfer it to another baking tray, skin-side up. Keep the pan, you'll use it again (no need to clean).

Pop the **chicken** on the top shelf of your oven, drizzle over some **oil**, sprinkle over the **mixed herbs** and roast until cooked through, 18-25 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

At the same time, roast the **green bean parcel** on the middle shelf until tender, 20-25 mins. Halfway through roasting, add the **garlic parcel** to the same tray for the remaining time.

Meanwhile, put a large saucepan of **water** on to boil on high heat for the **potatoes**.



Finish and Serve

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

Add the **garlic** to the **potatoes** along with a knob of **butter** and a splash of **milk** (if you have any). Mash until smooth, then season to taste.

Slice the **chicken** widthways, then serve on your plates with the **mash** and **green beans** alongside. Reheat the **mushroom sauce** if needed, then spoon it over the **chicken** to finish.

Enjoy!