



Creamy Chicken à La Normande

with Apples, Green Beans and Garlic Mash

Olympic Fever 40-45 Minutes • 1 of your 5 a day

5



Potatoes



Apple



Garlic Clove



Green Beans



British Chicken Breasts



Mixed Herbs



Vegetable Stock Paste



Wholegrain Mustard



Creme Fraiche



THIS™ Isn't Pork Sausages

Pantry Items

Oil, Salt, Pepper, Plain Flour, Butter

Make it Vegetarian

If you chose to make this recipe veggie, then just follow the instructions on the back of this card.

Happy cooking!

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, aluminium foil, baking tray, baking paper, rolling pin, frying pan, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Apple**	1	1	2
Garlic Clove**	2	3	4
Green Beans**	150g	200g	300g
British Chicken Breasts**	2	3	4
Mixed Herbs	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10	10g	15g	20g
Wholegrain Mustard 9	17g	25g	34g
Creme Fraiche** 7	75g	120g	150g
THIS™ Isn't Pork Sausages**	6	9	12
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	613g	100g	584g	100g
Energy (kJ/kcal)	2707 / 647	442 / 106	2955 / 706	506 / 121
Fat (g)	26.1	4.3	39.8	6.8
Sat. Fat (g)	13.9	2.3	15.5	2.6
Carbohydrate (g)	59.7	9.7	58.6	10.0
Sugars (g)	11.1	1.8	11.1	1.9
Protein (g)	48.0	7.8	28.3	4.9
Salt (g)	1.89	0.31	3.44	0.59

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


Allergens

7) Milk 9) Mustard 10) Celery

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.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Core and slice the **apple** into 12 wedges (no need to peel). Peel the **garlic** and grate **half** of the **cloves** (or use a garlic press), leaving the other half as whole cloves).

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



Bring on the Sauce

Wipe out the pan and pop back on medium heat. Melt in the **butter** (see pantry for amount). Once melted, add the **sliced apple** and fry stirring occasionally, 5-7 mins.

Stir in the remaining **grated garlic** and fry for 1 min more

Stir through the **vegetable stock paste**, **wholegrain mustard** and **water for the sauce** (see pantry for amount). Season and simmer until thickened, 4-6 mins.



Bash the Chicken

Meanwhile, trim the **green beans**. Pop them onto a piece of foil with a drizzle of **oil** and season.

Fold the foil, sealing on all sides to create a **parcel**. Pop onto a large baking tray. Roast on the middle shelf until tender, 20-25 mins.

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper.

Pop onto a board, then give them a bash with a rolling pin until they're 1-2cm thick. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Mash Time

Meanwhile, once the **potatoes** and **garlic** are 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 and cover with a lid to keep warm.

Once the **apple sauce** has thickened, stir through the **creme fraiche**.

Return the **chicken** to the **sauce** and simmer until piping hot, 1-2 mins. Turn to coat. Add a splash of **water** if it's a little too thick.



Time to Fry

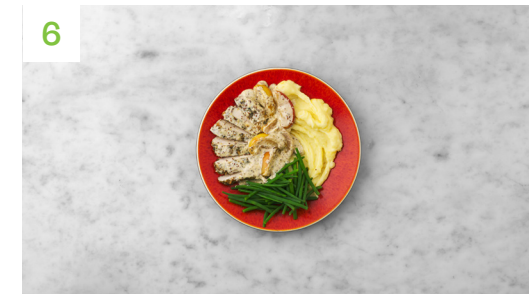
Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**, sprinkle over the **mixed herbs**, then lightly dust with **flour** (see pantry for amount).

Lay the **chicken** in the frying pan. Cook until browned, 3-4 mins each side.

Transfer to a baking tray and roast on the top shelf of your oven until the **chicken** is cooked, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Make it Vegetarian

If you've chosen the veggie version, fry the **THIS™ Isn't Pork Sausages** without the **herbs** or **flour**, 7-8 mins. Set aside, then add to the **sauce** along with the **herbs** in step 5. **IMPORTANT:** Ensure they're piping hot throughout.



Serve Up

When everything's ready, share the **garlic mash** between your serving bowls.

Top with the **chicken** and spoon over the **creamy apple sauce**.

Serve the **green beans** alongside.

Enjoy!