













Coq au Vin Style Chicken and Bacon Pie

with Cheesy Mashed Potato and Green Beans

Customised 40-45 Minutes • 2 of your 5 a day

39B



-  Potatoes
-  Carrot
-  Garlic Clove
-  Diced British Chicken Breast
-  British Smoked Bacon Lardons
-  Tomato Passata
-  Red Wine Stock Paste
-  Dried Oregano
-  Green Beans
-  Grated Hard Italian Style Cheese

CUSTOMISED RECIPE
If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

Pantry Items
Oil, Salt, Pepper, Sugar

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, grater, garlic press, frying pan, colander, ovenproof dish and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Diced British Chicken Breast**	260g	390g	520g
British Smoked Bacon Lardons**	60g	90g	120g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	28g	42g	56g
Dried Oregano	1 sachet	1 sachet	2 sachets
Green Beans**	150g	200g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	675g	100g
Energy (kJ/kcal)	2404/575	356/85
Fat (g)	12.5	1.8
Sat. Fat (g)	4.7	0.7
Carbohydrate (g)	67.6	10.0
Sugars (g)	13.2	2.5
Protein (g)	47.8	7.1
Salt (g)	3.58	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 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.

Contact

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1 Get Prepped

Put a large saucepan of **water** with **¼ tsp salt** on to boil for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **carrot** (no need to peel), then coarsely grate.

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



2 Fry the Chicken and Bacon

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

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

Once hot, add the **diced chicken, bacon lardons** and **grated carrot** to the pan and season with **salt** and **pepper**.

Cook until browned all over, 5-6 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw meat and its packaging. Cook bacon thoroughly.



3 Cook the Sauce

Once the **meat** has browned, add the **garlic** and cook for 1 min more.

Stir in the **passata, red wine stock paste, dried oregano, sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat to medium and simmer until the **chicken** is cooked through and the **sauce** has thickened, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



4 Make the Mash

Meanwhile, preheat your grill to high. Trim the **green beans**.

Once the **potatoes** 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 with **salt** and **pepper**.



5 Time to Grill

Pour the **pie filling** into an appropriately sized ovenproof dish. Spread the **mash** over the top in an even layer, using the back of a spoon to smooth it out. Sprinkle over the **cheese**, then place the **pie** under your grill until bubbling and golden, 5-6 mins.

Once cooked, remove from your oven and leave to stand for a couple of mins.



6 Finish and Serve

While the **pie** grills, wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

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

Cook until the **beans** are tender, 4-5 mins. Remove from the heat and season with **salt** and **pepper**.

Share the **chicken and bacon pie** between your plates. Serve the **green beans** alongside.

Enjoy!