



# Apple and Sage Glazed Chicken with Mash and Green Beans

27

Calorie Smart 40 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Onion



Chives



Green Beans



Chicken Stock Paste



Chicken Breast Skin-On



Apple and Sage Jelly

**Recipe Update**  
Due to quality issues with **leek**, you'll instead receive **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

**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, kitchen scissors, saucepan, lid, measuring jug, frying pan, ovenproof dish, colander and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	2	2
Chives**	½ bunch	¾ bunch	1 bunch
Green Beans**	150	200	300
Chicken Stock Paste	10g	15g	20g
Chicken Breast Skin-On**	2	3	4
Apple and Sage Jelly	50g	74g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for Stock*	100ml	150ml	200ml
Butter*	30g	40g	60g
Water for the Glaze*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>577g</b>	<b>100g</b>
Energy (kJ/kcal)	2660 /636	461 /110
Fat (g)	24.4	4.2
Sat. Fat (g)	11.1	1.9
Carbohydrate (g)	63.5	11.0
Sugars (g)	23.5	4.1
Protein (g)	45.8	7.9
Salt (g)	1.62	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

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

**Point™ values based on low-cal cooking spray oil**

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Chop the **potatoes** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **onion**. Finely chop the **chives** (use scissors if easier). Trim the **green beans**.

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

Put **half** the **chicken stock paste** in a measuring jug and stir in the **boiled water for the stock** (see pantry for amount) - this is your **chicken stock**.



## Make the Mash

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

Once cooked, drain in a colander and return to the pan, off the heat. Add the **chives**, a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Season with **salt** and **pepper**. Cover with a lid to keep warm.



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## Saute the Onions

Heat a large frying pan on medium heat.

Once hot, add the **butter** (see pantry for amount) and **onion**. Season with **salt** and **pepper**. Cook, stirring, until softened, 3 mins.

Pour in your **chicken stock** and stir to combine, then transfer everything to an ovenproof dish and set aside.



## Bring on the Beans

Meanwhile, heat a drizzle of oil in the frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Add a splash of **water** and immediately cover. Cook until tender, 4-5 mins.

Season with **salt** and **pepper**, then transfer the **beans** to a medium bowl and cover with a lid or foil to keep warm.

Add the **apple and sage jelly** to the frying pan and warm through on low heat.

Stir in the remaining **chicken stock paste** and the **water for the glaze** (see pantry for amount). Bring to the boil and allow to bubble for 30 secs, then remove from the heat.



## Cook the Chicken

Wipe out the (now empty) frying pan and pop on medium-high heat with a drizzle of **oil**.

Once hot, lay the **chicken** into 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.

Transfer to the ovenproof dish, skin-side up, then bake on the top shelf of your oven until cooked, 18-25 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

Once the **chicken** is cooked, remove from your oven and leave to rest for a couple of mins.



## Serve

When everything's ready, share the **chive mash** between your plates and serve the **buttered onions** and **green beans** alongside (discard any excess liquid).

Top with the **chicken** and spoon over the **apple and sage jelly glaze** to finish.

## Enjoy!