

Apple and Sage Glazed Chicken

with Mash and Green Beans

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







Potatoes





Chives





Skin-On

Green Beans

Chicken Breast Chicken Stock Paste



Apple and Sage Jelly

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
Pantry	2P	3P	4P
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
for uncooked ingredient	577g	100g
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.

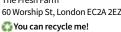
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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 1/4 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.



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.



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.



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.



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.



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!

