



Breaded Chicken, Mash and Green Beans with Sweet Chilli Sauce

Family 30-35 Minutes

7



Potatoes



Green Beans



Chicken Fillet



Panko Breadcrumbs



Garlic Salt



Mayonnaise



Sweet Chilli Sauce

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking paper, cling film, bowl, baking tray and colander.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Green Beans**	150g	200g	300g
Chicken Fillet**	2	3	4
Panko Breadcrumbs 13)	25g	25g	50g
Garlic Salt	1 sachet	1 sachet	2 sachets
Olive Oil for the Crumb*	2 tbsp	2 tbsp	4 tbsp
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Sweet Chilli Sauce	64g	96g	128g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	546g	100g
Energy (kJ/kcal)	2625 /627	481 /115
Fat (g)	20.0	3.7
Sat. Fat (g)	2.7	0.5
Carbohydrate (g)	68.1	12.5
Sugars (g)	17.7	3.3
Protein (g)	46.2	8.5
Salt (g)	1.44	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 13) Cereals containing gluten

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. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **potatoes**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **green beans**.

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Boil the Potatoes

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



Crumb the Chicken

Put the **panko breadcrumbs**, **garlic salt** and **olive oil for the crumb** (see ingredients for amount) in a small bowl. Season with **salt** and **pepper** and mix well.

Pop the **chicken breasts** onto a lined baking tray and season them well.

Spoon the **mayo** over the top **half** of each **breast**. Sprinkle over the **crumb mixture** and press it down with a spoon.



Make your Mash

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



Ready, Steady, Bake

When the oven is hot, roast the **chicken** on the top shelf until cooked through and golden on top, 20-25 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

When 10 mins of cooking time remain, remove the tray and add the **green beans** alongside the **chicken**. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.

Return to the oven and roast for the remaining time until tender, 8-10 mins.



Serve

When everything is ready, serve the **breaded chicken** on top of a large helping of **mash** with the **green beans** alongside.

Spoon over as much **sweet chilli sauce** as you'd like.

Enjoy!