



Cheese and Caramelised Onion Chicken

with Garlic Mash and Stir-Fried Green Beans

Calorie Smart Eat Me Early • 40 Minutes • Under 600 calories

27



Potato



Garlic Clove



Green Beans



Cheddar Cheese



Onion Marmalade



Chicken Breast



Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Saucepan, Colander, Frying Pan and Baking tray.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Garlic Clove	2	3	4
Green Beans**	150g	200g	300g
Cheddar Cheese 7)**	30g	45g	60g
Onion Marmalade	40g	60g	80g
Chicken Breast**	2	3	4
Mayonnaise 8)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	496g	100g
Energy (kJ/kcal)	1967 /470	397 /95
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	43	9
Sugars (g)	1	0
Protein (g)	49	10
Salt (g)	0.70	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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Get Prepped

Bring a medium saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **green beans**. Grate the **cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up.



Bash the Chicken

Sandwich each **chicken breast** between two pieces of clingfilm or baking paper. Bash the **chicken** with a rolling pin or the bottom of a saucepan until it is 2cm thick all over. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Once the **water** is boiling, add the **potatoes** and **garlic cloves** and cook until tender, 15-20 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them. Once cooked, drain in a colander, pop back into the pan and cover with a lid to keep warm.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Once the pan is hot, lay in the **chicken**, fry until golden brown, 5-7 mins each side. **TIP:** When your chicken is ready to be turned, it will release easily from the pan.



Grill Time

Once browned, transfer the **chicken** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the top of each **chicken breast**, use a spoon to spread it out. Divide the **cheese** between the tops of the **breasts**, press it down with the back of a spoon. Heat your grill to high. When hot, grill the **chicken** until the **cheese** is golden and bubbly, 3-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Allow to rest for 2 mins before serving.



Fry the Beans

While the **chicken** is grilling, pop your (now empty) frying pan back on medium-high heat and add a drizzle of **oil**. Once the pan is hot, add the **green beans**, season with **salt** and **pepper** and stir-fry until starting to char, 2-3 mins. Turn the heat down to medium then add a splash of **water** and immediately cover with a lid or some tin foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



Finish and Serve

Meanwhile, once the **potatoes** are cooked and back in their pan, add a **knob of butter** and a splash of **milk** (if you have any) and **mash** until smooth. Season with **salt** and **pepper**. Once everything is ready, serve the **chicken** with the **garlic mash** and **stir-fried beans**. Pour over any **cooking juices** from the tray, add a dollop of **mayo**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.