



# Cheese and Caramelised Onion Chicken

with Garlic Mash and Green Beans

Classic Eat Me Early • 35-40 Minutes

1



Potatoes



Green Beans



Mature Cheddar Cheese



Onion Marmalade



Garlic Clove



Chicken Fillet



Bacon Lardons

**Pantry Items**  
Mayonnaise

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, grater, baking paper, cling film, colander, frying pan and baking tray.

## Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	150g	200g	300g
Mature Cheddar Cheese** 7)	30g	45g	60g
Onion Marmalade	40g	60g	80g
Garlic Clove**	2	3	4
Chicken Fillet**	2	3	4
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Bacon Lardons**	90g	120g	180g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2370/566	459/110
Fat (g)	18.8	3.6
Sat. Fat (g)	4.9	1.0
Carbohydrate (g)	51.5	10.0
Sugars (g)	11.7	2.3
Protein (g)	48.7	9.5
Salt (g)	0.56	0.11

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2857/683	509/122
Fat (g)	27.9	5.0
Sat. Fat (g)	7.8	1.4
Carbohydrate (g)	52.4	9.34
Sugars (g)	11.8	2.1
Protein (g)	56.4	10.1
Salt (g)	1.79	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

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

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

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

Grate the **cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up.

Peel and crush the **garlic** beneath the flat blade of a knife.



## Say Cheese

Once browned, transfer the **chicken** to a baking tray and set the pan aside.

Divide the **onion marmalade** between the top of each **chicken breast**, using a spoon to spread it out. Sprinkle the **cheese** on top and press it down with the back of the spoon.

When your grill is hot, grill the **chicken** until the **cheese** is golden and bubbly, 3-5 mins. Allow to rest for 2 mins before serving.



## Flatten the Chicken

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.**

Once the **water** is boiling, add the **potatoes** and **garlic cloves** and cook until you can easily slip a knife through the **potatoes**, 15-20 mins.

Once cooked, drain in a colander, then pop the **potatoes** and **garlic** back into the pan and cover with a lid to keep warm.



## Bring on the Beans

While the **chicken** is grilling, pop your (now empty) frying pan back 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.

Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove from the heat.

## CUSTOM RECIPE

If you've chosen to add **bacon** to your meal, add to the pan before the **green beans**. Fry until starting to turn golden, 3-4 mins, then add the **beans** and continue with the recipe. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**



## Time to Fry

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once the pan is hot, lay in the **chicken**. Cook until golden brown, 5-6 mins each side. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Meanwhile, preheat your grill to high.



## Finish and Serve

Meanwhile, add a knob of **butter** and splash of **milk** (if you have any) to the **potatoes**. Mash with the **garlic** until smooth, then season with **salt** and **pepper**.

Once everything is ready, serve the **chicken** with the **garlic mash**, **green beans** and a dollop of **mayo** alongside (see ingredients for amount).

## Enjoy!