



# Chicken 'Meteorite' Nuggets and Mash with Peas, Sweetcorn and BBQ Dipping Sauce

LIGHTYEAR 35-40 Minutes • 1 of your 5 a day

7



Potatoes



Mayonnaise



Panko Breadcrumbs



Chicken Fillet



Sweetcorn



Peas



BBQ Sauce

### Pantry Items

Oil



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

## 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, bowl, colander, lid, sieve and frying pan.

## Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Mayonnaise <b>8) 9)</b>	1 sachet	2 sachets	2 sachets
Panko Breadcrumbs <b>13)</b>	50g	75g	100g
Chicken Fillet**	2	3	4
Sweetcorn	150g	326g	326g
Peas**	120g	180g	240g
BBQ Sauce	32g	48g	64g
Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	2859 /683	489 /117
Fat (g)	17.4	3.0
Sat. Fat (g)	2.8	0.5
Carbohydrate (g)	82.7	14.1
Sugars (g)	13.6	2.3
Protein (g)	51.2	8.7
Salt (g)	1.12	0.19

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 Set for Adventure

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil, with  $\frac{1}{2}$  **tsp salt** if you'd like. Chop the **potatoes** into 2cm chunks (peel first if you prefer). When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



## Mash Time

Meanwhile, 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 with **salt** and **pepper** if you'd like, then cover with a lid to keep warm.



## Prep the Chicken

Meanwhile, pop the **mayo** into a bowl. Put the **panko breadcrumbs** and **oil for the crumb** (see ingredients for amount) into another bowl, then season with **salt** and **pepper** if you'd like. Mix together well. Cut the **chicken breasts** into 3cm chunks, then add them to the bowl with the **mayo** and mix to coat well.



## Cook the Veg

About 5 mins before you are ready to serve, drain the **sweetcorn** in a sieve. Heat a drizzle of **oil** in a frying pan on medium-high heat. When hot, add the **peas** and **sweetcorn** and stir-fry for 2-3 mins, then remove from the heat.



## Make your Meteorites

Dip the **chicken** into the **breadcrumbs**, ensuring they are completely coated, then transfer to a baking tray. Bake your '**meteorite**' **nuggets** on the top shelf of the oven until slightly golden and cooked through, 20-25 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.*

**Space Ranger Mission:** *Moon landing accomplished! Little space rangers can help make the 'meteorite' nuggets by dipping the coated chicken in the breadcrumbs. Remember to wash everyone's hands once the nuggets are made.*



## Meteorites Discovered!

When everything is ready, share the **mash** between your plates in a round shape to make a 'moon' and cluster your **chicken 'meteorite' nuggets** next to it so they're ready for discovery! Serve with the **veg** alongside and the **BBQ sauce** for dipping.

Enjoy!

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