



Crispy Breaded Chicken and Chips with Cheddar and Garlic Peas

Family 30-35 Minutes

8



Potatoes



Garlic Clove



Mature Cheddar
Cheese



Chicken Breast



Panko Breadcrumbs



Smoked Paprika



Peas

Pantry Items

Oil, Salt, Pepper, Egg, Tomato Ketchup

Before you start

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

Cooking tools

Baking tray, garlic press, grater, baking paper, saucepan, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	1	2
Mature Cheddar Cheese** 7)	60g	80g	120g
Chicken Breast**	2	3	4
Panko Breadcrumbs 13)	25g	35g	50g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Egg*	1	2	2
Tomato Ketchup*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2613 /625	490 /117
Fat (g)	17.5	3.3
Sat. Fat (g)	8.4	1.6
Carbohydrate (g)	61.3	11.5
Sugars (g)	9.5	1.8
Protein (g)	60.0	11.3
Salt (g)	1.68	0.31

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 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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Roast the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Time to Fry

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden-brown and cooked through, 14-16 mins total. Turn every 2-3 mins and adjust the heat if necessary.

Once cooked, transfer to a clean plate lined with kitchen paper. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Get Prepping

Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar**.

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 2-3cm thick.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Peas Please

Meanwhile, heat a drizzle of **oil** in a small frying pan on medium-high heat.

Once hot, add the **peas** and stir-fry for 2-3 mins.

Add the **garlic** and fry until fragrant, 1 min, then remove from the heat. Season with **salt** and **pepper**.



Bread the Chicken

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Season with **salt** and **pepper**.

Put the **panko breadcrumbs** into another bowl with the **smoked paprika**. Season with **salt** and **pepper** and mix well.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Finish and Serve

When the **chips** have a few mins left, scatter them with the **cheese** and return to the oven until melted, 2-3 mins.

Serve the **crispy chicken** on plates with the **cheesy chips** and **peas** alongside.

Add a dollop of **ketchup** (see pantry for amount) for dipping.

Enjoy!