



Crispy Cheese Topped Chicken with Herby Roast Potatoes and Broccoli

Family 35-45 Minutes • 1 of your 5 a day

7



Potatoes



Dried Oregano



Chicken Fillet



Garlic Clove



Cream Cheese



Grated Hard Italian Style Cheese



Panko Breadcrumbs



Broccoli Florets

Pantry Items

Oil, Salt, Pepper, Olive Oil, Tomato Ketchup

Before you start

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

Cooking tools

Baking tray, garlic press, bowl, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Chicken Fillet**	2	3	4
Garlic Clove**	1	2	2
Cream Cheese** 7)	50g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	40g
Panko Breadcrumbs 13)	10g	25g	25g
Broccoli Florets**	200g	300g	400g

Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	554g	100g
Energy (kJ/kcal)	2544 /608	460 /110
Fat (g)	21.6	3.9
Sat. Fat (g)	8.4	1.5
Carbohydrate (g)	51.0	9.2
Sugars (g)	7.8	1.4
Protein (g)	53.3	9.6
Salt (g)	1.00	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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 Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Say Cheese

Spread the **cream cheese mixture** over the top of each **chicken breast**, then sprinkle over the **breadcrumbs**.

Bake on the top shelf of your oven until golden and cooked through, 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Butterfly the Chicken

Lay a **chicken breast** onto your chopping board, place your hand flat on top and slice into it from the side until there's 2cm left (be careful not to slice all the way through). Open it up like a book - you have **butterflied** your **chicken**!

Repeat with the remaining **breast(s)**, then place onto a lightly oiled baking tray. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Bring on the Broccoli

While the **chicken** cooks, bring a large saucepan of **water** to the boil with $\frac{1}{2}$ tsp salt.

When about 5 mins of baking time remain, add the **broccoli** to the **boiling water** and cook until just tender, 3-5 mins, then drain in a colander.



Make the Toppings

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

Put the **cream cheese** into a medium bowl with the **garlic** and **half the grated hard Italian style cheese**. Season with **salt** and **pepper**, then mix to combine.

Put the remaining **hard Italian style cheese** in another medium bowl with the **panko breadcrumbs** and **olive oil for the crumb** (see ingredients for amount). Season and mix well.



Serve

Plate up your **cheesy chicken** with the **roast potatoes** and **broccoli** alongside.

Finish with a dollop of **ketchup** (see ingredients for amount) for dipping.

Enjoy!