



Roasted Chicken in Béarnaise Sauce with Garlic Mash and Roasted Green Beans

10

Family 20 Minutes • 1 of your 5 a day



Chicken Breast



Mixed Herbs



Potatoes



Garlic Clove



Tarragon



Green Beans



Hollandaise Sauce

Pantry Items
Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools

Kettle, frying pan, baking tray, saucepan, colander and potato masher.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------|-----------|-----------|-----------|
| Chicken Breast** | 2 | 3 | 4 |
| Mixed Herbs | 1 sachet | 1 sachet | 2 sachets |
| Potatoes | 450g | 700g | 900g |
| Garlic Clove** | 2 | 3 | 4 |
| Tarragon** | 1 bunch | 1 bunch | 1 bunch |
| Green Beans** | 150g | 225g | 300g |
| Hollandaise Sauce 7) 8) 9) | 100g | 150g | 200g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 2 tbsp | 3 tbsp | 4 tbsp |
| Butter* | 20g | 30g | 40g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|---|-------------|----------|
| Energy (kJ/kcal) | 2337 /559 | 443 /106 |
| Fat (g) | 22.0 | 4.2 |
| Sat. Fat (g) | 10.0 | 1.9 |
| Carbohydrate (g) | 47.5 | 9.0 |
| Sugars (g) | 5.6 | 1.1 |
| Protein (g) | 47.4 | 9.0 |
| Salt (g) | 1.28 | 0.24 |

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

Allergens

7) Milk 8) Egg 9) Mustard

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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Cook the Chicken

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- Heat a drizzle of **oil** in a frying pan on high heat. Season the **chicken** with **salt** and **pepper** and sprinkle with the **mixed herbs**.
- Once hot, lay the **chicken** in the pan. Fry until golden, 3-4 mins, then turn and cook for 1 min on the other side.
- Transfer the **chicken** to a baking tray, then roast on the top shelf of your oven until cooked, 12-15 mins. Set the pan aside. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*



Make your Béarnaise Sauce

- Clean the frying pan used for the **chicken**.
- Pop the **hollandaise** into the pan along with the **tarragon** and **water for the sauce** (see pantry for amount).
- Gently warm on medium heat, stirring occasionally, until piping hot, 1-2 mins - this is your **Béarnaise**.
- Add a splash of **water** if it has thickened too much.



Boil the Potatoes

- While the **chicken** fries, pour the **boiling water** from your kettle into a large saucepan on high heat. Return to the boil with $\frac{1}{2}$ **tsp salt**.
- Chop the **potatoes** into 2cm chunks (no need to peel). Peel the **garlic cloves**, then add both the **potatoes** and **garlic** to the **water**.
- Cook until you can easily slip a knife through the **potatoes**, 15-18 mins.



Garlic Mash Time

- Once the **potatoes** and **garlic** are cooked, drain in a colander and return both to the pan, off the heat.
- Add the **butter** (see pantry for amount) and a splash of **milk** (if you have any) and mash until smooth.
- Taste and season with **salt** and **pepper** if needed.



Roast your Beans

- Meanwhile, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).
- Trim the **green beans** and pop onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- Roast on the middle shelf until tender, 8-10 mins.



Serve

- Plate up the **chicken** with the **garlic mash** and **roasted green beans** alongside.
- Spoon the **Béarnaise sauce** over the **chicken** to finish.

Enjoy!