



# Golden Crumbed Chicken with creamy mash and carrots

35-40 mins

2



Chicken Breast



Carrot



Honey



Breadcrumbs



Parsley



Ground Cumin



Mayo



Potatoes

Pantry Items: Oil, Butter, Salt, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, colander, pot with lid, potato masher

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Carrot	2 units	4 units
Honey	1 sachet	2 sachets
Breadcrumbs	1 pack	2 packs
Parsley	5 g	10 g
Ground Cumin	1 sachet	2 sachets
Mayo	2 sachets	4 sachets
Potatoes	3 units	6 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	662.5 g	100 g
Energy (kJ/kcal)	3083.6 kJ/ 737 kcal	465.5 kJ/ 111.2 kcal
Fat (g)	19.8 g	3 g
Sat. Fat (g)	3.3 g	0.5 g
Carbohydrate (g)	97.5 g	14.7 g
Sugars (g)	13.6 g	2.1 g
Protein (g)	43.8 g	6.6 g
Salt (g)	2.8 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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### Make the Mash

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 15-20 mins.
- Once cooked, drain the **potatoes** in a colander and return to the pot off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



### Crumb the Chicken

- Open the **chicken breasts** up like a book and coat in the **mayo**.
- Add the **breadcrumbs** to a separate bowl with **salt** and **pepper**.
- Working with one **chicken breast** at a time, press both sides into the **breadcrumbs** to coat completely.
- Carefully shake off any excess **breadcrumbs**.



### Cook the Carrots

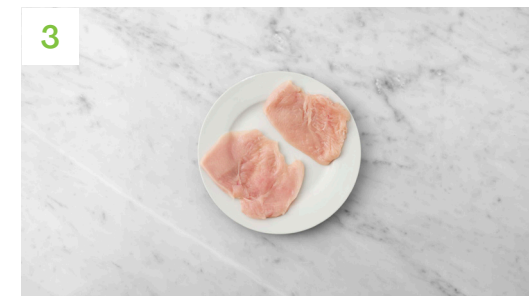
- Meanwhile, trim the **carrots**. Halve lengthways. Cut into 1cm wide, 5cm long batons.
- Roughly chop the **parsley**.
- Pop the **carrots** onto a large (lined) baking tray. Drizzle with **oil**, season with **salt**, **pepper** and **cumin** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until tender, 20-25 mins. Turn halfway through.
- When cooked, toss the **carrots** with the **honey** and **parsley**.



### Fry the Chicken

- Place a large pan over medium heat with a drizzle of **oil**.
- Once the **oil** is hot, lay the butterflied **chicken** into the pan and season with **salt** and **pepper**.
- Fry until browned and cooked through, 3-6 mins each side.
- Once cooked, transfer to a plate and cover to rest for a couple of mins. **IMPORTANT**: Chicken is cooked when no longer pink in the middle.

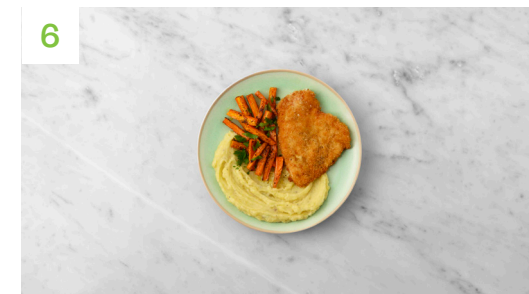
**TIP**: You want the oil to be nice and hot so the chicken fries properly.



### Prep the Chicken

- Lay the **chicken** out on a chopping board. Place hand on top.
- Slice horizontally until there's 2cm left (don't slice all the way through). **IMPORTANT**: Wash hands and equipment after handling raw chicken and its packaging.

**TIP**: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh. It will still taste delicious once cooked!



### Finish and Serve

- Arrange the mash and **carrots** on your plates.
- Serve the golden **chicken** alongside.

Enjoy!