



Chicken in Creamy Rosemary Sauce with roast potatoes and broccoli

Family 30-35 mins

5



Chicken Breast



Rosemary



Potatoes



Broccoli



Hello Muscat



Mustard



Creme Fraiche

Pantry Items: Oil, 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

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Rosemary	10 g	20 g
Potatoes	3 units	6 units
Broccoli	1 unit	1 unit
Hello Muscat	1 sachet	2 sachets
Mustard	1 sachet	2 sachets
Creme Fraiche	125 g	250 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	658.5 g	100 g
Energy (kJ/kcal)	2953.9 kJ/ 706 kcal	448.6 kJ/ 107.2 kcal
Fat (g)	28.6 g	4.3 g
Sat. Fat (g)	12 g	1.8 g
Carbohydrate (g)	66.4 g	10.1 g
Sugars (g)	8.1 g	1.2 g
Protein (g)	47.2 g	7.2 g
Salt (g)	3.4 g	0.5 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.

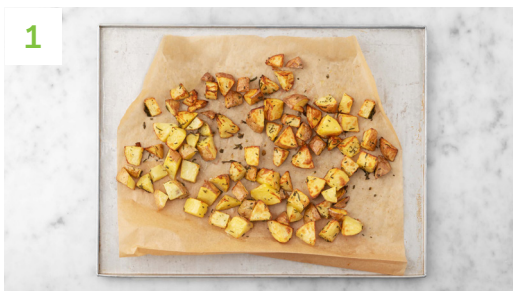
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

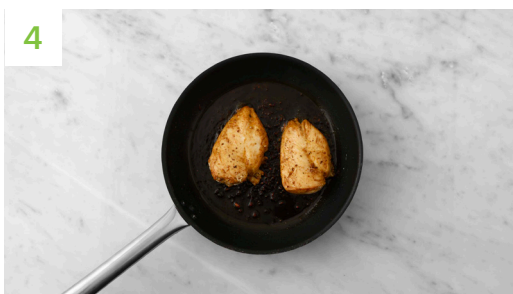


You can recycle me!



Prep the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Cut the **potatoes** into 2cm chunks (peeling optional).
- Pick the **rosemary** sprigs and roughly chop.
- Add the **potatoes** to a lined baking tray and toss with **half** the **rosemary**, **salt**, **pepper** and a drizzle of **oil**.
- Once the oven is hot roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Cook the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, lay in the **chicken** and cook until golden brown and crispy, 3-6 mins on each side (cook in batches if your pan is getting crowded).
- Once cooked, remove from the pan and cover to keep warm. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Roast the Broccoli

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Add the **broccoli** to a lined baking tray and toss with **salt**, **pepper** and a drizzle of **oil**.
- When 12 mins of cooking time remain for the **potatoes**, place the **broccoli** on the middle shelf of the oven and roast until crispy around the edges, 10-12 mins.



Make the Sauce

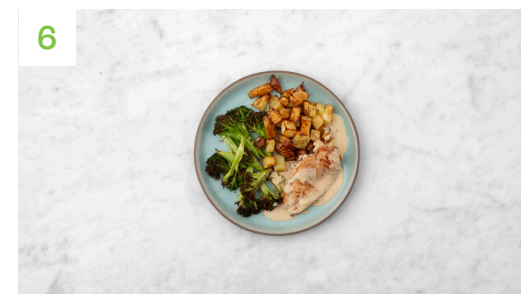
- Return the pan to medium-low heat and add the **creme fraiche**.
- Season with **pepper** and then stir in the **muscat**, **mustard** and remaining **rosemary**.
- Cook, stirring, until everything is combined and the sauce is nice and smooth, 3-5 mins.
- Once ready, add the **chicken steaks** back into the pan to coat in the sauce and warm through, 1-2 mins.



Prep the Chicken

- Meanwhile, place a hand flat on top of the **chicken breast** and slice through horizontally to make two thin **steaks**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Repeat with the other breast(s).
- Season the **chicken** with **salt** and **pepper**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing used to keep it fresh.



Finish and Serve

- Divide the **broccoli** and **potatoes** between plates.
- Plate the **chicken** alongside.
- Finish with a drizzle of the creamy **mustard rosemary** sauce.

Enjoy!