

# Chicken in Mustard and Rosemary Sauce

with roast potatoes and broccoli

30 – 35 mins

11



Irish Chicken Breast



Rosemary



Broccoli



Mustard



Creme Fraiche



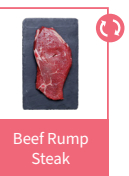
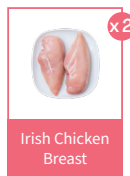
Stock



Garlic



Baby Potatoes



Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!



## 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.

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

## Cooking tools you will need

Baking sheet with baking paper, grater

## Ingredients

	2P	4P
Irish Chicken Breast	320 g	640 g
Rosemary	1 unit	2 units
Broccoli	1 unit	1 unit
Mustard	½ sachet	1 sachet
Creme Fraiche	110 g	220 g
Stock	1 sachet	2 sachets
Garlic	1 unit	2 units
Baby Potatoes	500 g	1000 g
Irish Chicken Breast	640 g	1280 g
Beef Rump Steak	250 g	500 g

## Nutrition

for uncooked ingredient	Recipe 1		Recipe 2	
	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	399 kJ/ 95 kcal	409 kJ/ 98 kcal	479 kJ/ 115 kcal	
Fat (g)	3.2 g	3 g	5.4 g	
Sat. Fat (g)	1.6 g	1.4 g	2.6 g	
Carbohydrate (g)	9.4 g	7.5 g	9.9 g	
Sugars (g)	0.8 g	0.6 g	0.9 g	
Protein (g)	8.5 g	11.7 g	7.1 g	
Salt (g)	0.1 g	0.1 g	0.1 g	

See site or app for detailed nutritional info.

## Allergens

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

## Contact

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

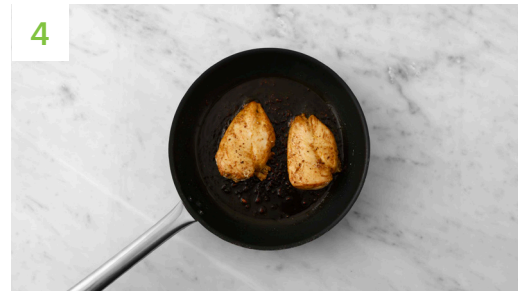


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## Cook the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Cut the **potatoes** into 2cm chunks.
- Pick the **rosemary leaves** 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 the tray halfway through.



## Fry the Chicken

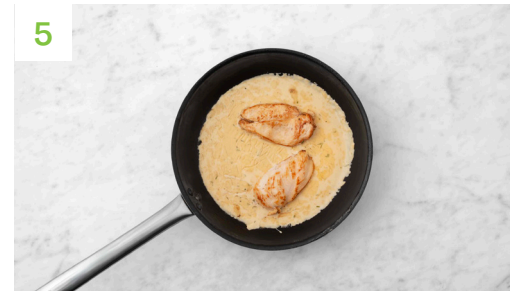
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, lay in the **chicken**, season to taste with **salt** and **pepper** and cook until golden brown and crispy, 3-6 mins on each side.
- Once cooked, remove from the pan and cover to keep warm. **IMPORTANT:** Chicken is cooked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

**TIP:** Cook in batches if your pan is getting crowded.



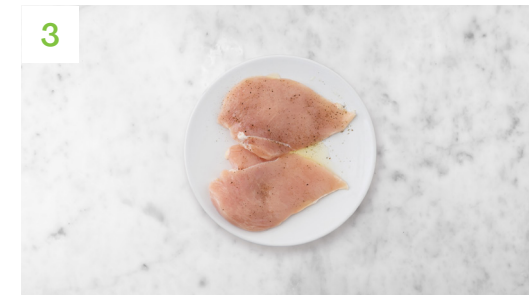
## Roast the Broccoli

- Peel and grate the **garlic** (or use a garlic press). 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 the **potatoes** have been cooking for 15 mins, 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** then stir in the **stock, garlic, half** a **mustard** sachet (per 2P), and remaining **rosemary**.
- Cook, stirring, until everything is combined and the sauce is nice and smooth, 3-5 mins.
- Once ready, add the **chicken** 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 packaging 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!

CUSTOM OPTIONS



**BEEF RUMP**

Swapping to beef rump? Add to the hot pan, season as instructed and fry until cooked to your liking, 1-6 mins on each side.