



# Golden Crumbed Chicken

with creamy mash and carrots

35 – 40 mins

28



Irish Chicken Breast



Carrot



Honey



Breadcrumbs



Parsley



Ground Cumin



Mayo



Potatoes



Peas

Pantry Items: Oil, Butter, Salt, Pepper, Water, Milk (Optional)



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, colander, pot with lid, potato masher

## Ingredients

	2P	4P
Irish 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	600 g	1200 g
Peas	120 g	240 g

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	381 kJ/ 91 kcal
Fat (g)	1.8 g
Sat. Fat (g)	0.3 g
Carbohydrate (g)	12.8 g
Sugars (g)	2.5 g
Protein (g)	7.1 g
Salt (g)	0.2 g

See site or app for detailed nutritional info.

## Allergens

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

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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, 12-18 mins.
- Once cooked, drain 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

- Pop the **mayo** into a large bowl then add the **chicken**, turning so it's coated all over.
- Add the breadcrumbs to a separate bowl with a pinch of **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

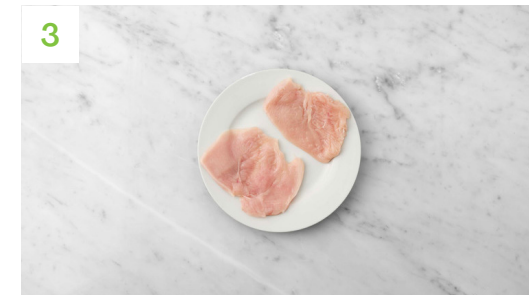
- Meanwhile, trim the **carrots**. Halve lengthways. Cut into 1cm wide, 5cm long batons.
- Roughly chop the **parsley** (stalks and all).
- Pop the **carrots** onto a lined baking tray. Toss with **salt, pepper, cumin** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast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



### Fry the Chicken

- Place a large pan over medium heat with a drizzle of **oil**.
- Once hot, add the **chicken** to the pan. Season with **salt** and **pepper**.
- Fry until browned and cooked through, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Add the **peas** to the pan for the final 1 min of cooking time.
- Once cooked, transfer to a plate, cover and allow to rest, 1-2 mins.

**TIP:** Allow the oil to get nice and hot so the chicken can fry properly.



### Butterfly the Chicken

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

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



### Finish and Serve

- Arrange the creamy mashed **potato** and **carrots** on your plates.
- Serve the **peas** and golden **chicken** alongside.

**Enjoy!**