



Crispy Baked Chicken and Mash

with sweet and tangy Asian-inspired sauce

Family 35-40 mins

4



Chicken Breast



Potatoes



Breadcrumbs



Mayo



Hoisin Sauce



Sweet Chilli Sauce



Courgette



Thai Style Spice Mix

Pantry Items: Butter (Optional), Milk (Optional), 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, colander, potato masher, lid, pot

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	3 units	6 units
Breadcrumbs	1 pack	1 pack
Mayo	2 sachets	4 sachets
Hoisin Sauce	2 sachets	4 sachets
Sweet Chilli Sauce	2 sachets	4 sachets
Courgette	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	634.5 g	100 g
Energy (kJ/kcal)	2623.4 kJ/ 627 kcal	413.5 kJ/ 98.8 kcal
Fat (g)	13.1 g	2.1 g
Sat. Fat (g)	2 g	0.3 g
Carbohydrate (g)	80 g	12.6 g
Sugars (g)	17.9 g	2.8 g
Protein (g)	43.8 g	6.9 g
Salt (g)	1.6 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

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 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 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 to taste with **salt** and **pepper**. Cover to keep warm.



Roast the Courgette

- When the oven is hot, roast the **chicken** on the top shelf until cooked through and golden on top, 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- When 10 mins of cooking time remain, remove the tray from the oven and add the **courgette**.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Return to the oven and roast until tender, 8-10 mins.

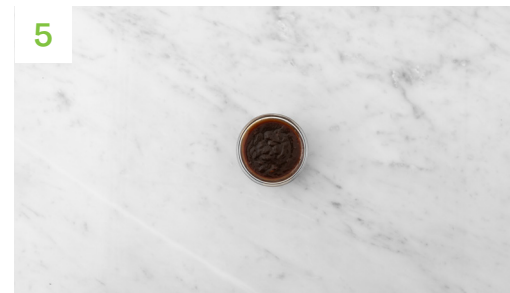
TIP: Use a separate baking tray if necessary.



Get Prepped

- Trim the **courgette**, quarter lengthways and chop into 2cm chunks.
- Lay **chicken** on chopping board, place hand on top and carefully slice horizontally until 2cm remain (don't cut all the way through). Open it up like a book. **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 due to vacuum packing used to keep it fresh and is normal. It will still be delicious once cooked!



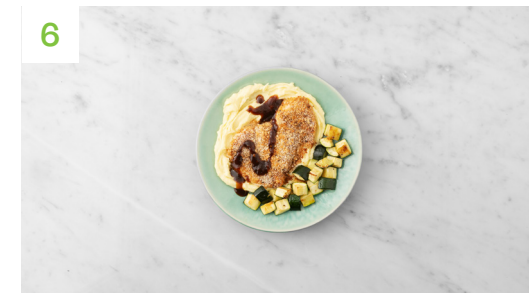
Make the Sauce

- Pop the **hoisin sauce** and **sweet chilli sauce** into a small bowl.
- Stir well to fully combine.



Coat the Chicken

- To a small bowl add the **Thai style spice mix**, **breadcrumbs** and 2 tbsp **oil** (double for 4p).
- Season with **salt** and **pepper** and mix well to combine.
- Pop the **chicken breasts** onto a lined baking tray and season with **salt** and **pepper**.
- Spoon the **mayo** over the top of each **chicken breast**.
- Sprinkle over the **breadcrumb** mixture then press it down firmly with the back of a spoon.



Finish and Serve

- When everything is ready, place the golden **chicken** on top of a large helping of mashed **potato**.
- Serve the **courgettes** alongside.
- Spoon over as much sauce as you like.

Enjoy!