



# Pan-fried Chicken in Sage Butter with roasted broccolini and sweet potato mash

Calorie Smart 30-35 mins

20



Chicken Breast



Sweet Potato



Garlic



Sage



Broccolini

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



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## 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
Sweet Potato	2 units	4 units
Garlic	2 units	4 units
Sage	10 g	20 g
Broccolini	150 g	300 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	495 g	100 g
Energy (kJ/kcal)	1852 kJ/ 443 kcal	374 kJ/ 89 kcal
Fat (g)	5.1 g	1 g
Sat. Fat (g)	1.3 g	0.3 g
Carbohydrate (g)	57 g	11.5 g
Sugars (g)	12.1 g	2.5 g
Protein (g)	42.2 g	8.5 g
Salt (g)	0.3 g	0.1 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.

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## Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a pot of **salted water**.
- Chop the **sweet potatoes** into 2cm chunks (peeling optional).
- When the **water** is boiling, add the **sweet potato** 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 with **salt** and **pepper**. Cover to keep warm.



## Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken steaks** and season with **salt** and **pepper**.
- Fry until cooked through, 3-6 mins on each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once cooked, remove from the pan and set aside.

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



## Roast the Veg

- Meanwhile, trim the bottom of the **broccolini**.
- Peel and grate the **garlic** (or use a garlic press).
- Pick the **sage** leaves from their stalks (keeping them whole). Discard the stalks.
- Pop the **broccolini** onto a lined baking tray. Toss with **salt**, **pepper** and a drizzle of **oil**.
- Roast on the top shelf of the oven until tender, 10-15 mins.



## Baste in Butter

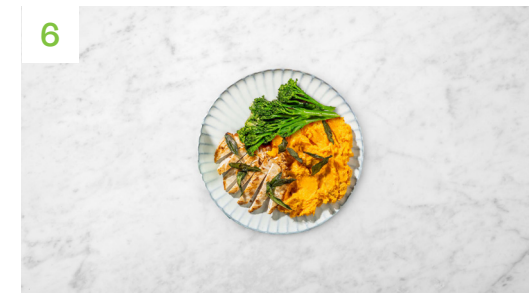
- When everything is almost ready, return the pan to medium-high heat with 2 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Pick the **sage** leaves from their stalks (keeping them whole). Discard the stalks.
- Fry the **sage** leaves and **garlic** in the melted **butter** until crispy, shifting as they cook, 2-3 mins.
- When the **sage** has crisped, add the **chicken** back to the pan.
- Carefully use a spoon to baste the **chicken** in the fragrant **sage butter**.



## Slice the Chicken Steaks

- Meanwhile, lay the **chicken breasts** out on a board.
- Place your hand flat on top of the **chicken breast** and carefully slice through horizontally to make two thin **steaks**. **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 packaging we use to keep it fresh. It will still taste delicious once cooked!



## Finish and Serve

- Divide your **chicken steaks** between plates.
- Add a spoonful of **sweet potato** mash and roast veg on the side.
- Drizzle any remaining **sage butter** over the **chicken**.

**Enjoy!**