



Roast Chicken and Creamy Pesto Sauce

with kale and buttery potatoes

Family 30 – 35 mins

5



Chicken Breast



Potatoes



Creme Fraiche



Kale



Chicken Stock



Green Pesto



Garlic

Pantry Items: Oil, Salt, Pepper, Water, Butter



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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, grater

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	600 g	1200 g
Crema Fraiche	65 g	110 g
Kale	80 g	160 g
Chicken Stock	1 sachet	2 sachets
Green Pesto	1 sachet	2 sachets
Garlic	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	565 g	100 g
Energy (kJ/kcal)	2606.6 kJ/ 623 kcal	461.4 kJ/ 110.3 kcal
Fat (g)	24.3 g	4.3 g
Sat. Fat (g)	8 g	1.4 g
Carbohydrate (g)	60.8 g	10.8 g
Sugars (g)	5.7 g	1 g
Protein (g)	44.6 g	7.9 g
Salt (g)	2.3 g	0.4 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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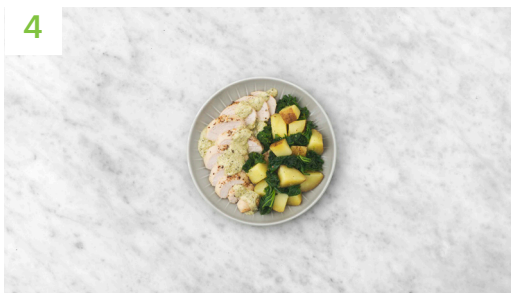
You can recycle me!



Roast the Chicken

- Preheat oven to 220°C/200°C fan/gas mark 7.
- Lay the **chicken** onto a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- When the oven is hot, roast on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.

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

- When everything is almost ready, reheat the sauce if needed. Add a splash of **water** if it's too thick.
- Slice the **chicken** widthways and divide between plates.
- Serve the buttery **kale** and **potatoes** alongside.
- Spoon the creamy **pesto** sauce over the **chicken** to finish.

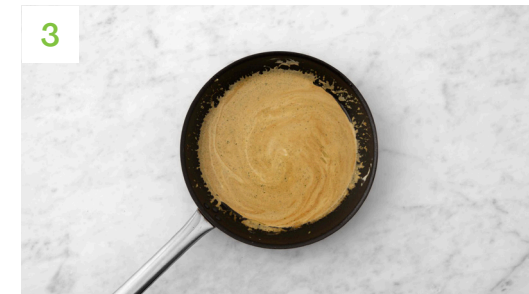
Enjoy!



Cook the Potatoes

- Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender (take care not to overcook), 10-15 mins.
- Add the **kale** for the final 3-4 mins of cooking time. Once cooked, drain in a colander and return to the pot, off the heat.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).

TIP: If you're in a hurry you can boil the water in your kettle.



Make the Sauce

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **garlic** until fragrant, 1 min. Add 100ml **water** (double for 4p) along with the **chicken stock**.
- Stir together and bring to the boil, then simmer until slightly reduced, 2 mins.
- Stir through the **crema fraiche** and **pesto**, then remove the pan from the heat.
- Season the cooked **kale** and **potatoes** with **salt** and **pepper**. Add 1 tbs **butter** (double for 4p) to the pot and stir to coat.