



Iberian Chicken and Chickpea Bake

with mushrooms and cherry tomatoes

30-35 mins • *Optional spice*

1



Diced Chicken Breast



Garlic



Baguette



Chickpeas



Cherry Tomatoes



Paprika



Mushrooms



Passata



Parsley



Dried Chilli Flakes

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

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

Oven dish, sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	2 units	4 units
Baguette	2 units	4 units
Chickpeas	1 pack	2 packs
Cherry Tomatoes	125 g	250 g
Paprika	2 sachets	4 sachets
Mushrooms	150 g	250 g
Passata	1 pack	2 packs
Parsley	5 g	10 g
Dried Chilli Flakes	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	704.5 g	100 g
Energy (kJ/kcal)	3092 kJ/ 739 kcal	438.9 kJ/ 104.9 kcal
Fat (g)	10.1 g	1.4 g
Sat. Fat (g)	2.6 g	0.4 g
Carbohydrate (g)	95.6 g	13.6 g
Sugars (g)	13 g	1.8 g
Protein (g)	55.9 g	7.9 g
Salt (g)	3.6 g	0.5 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

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



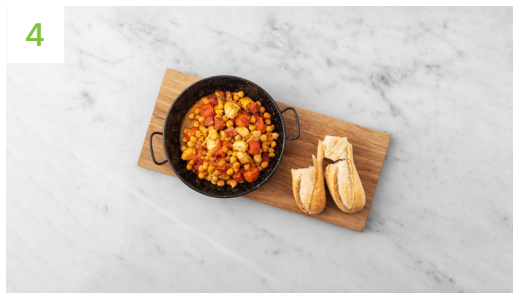
You can recycle me!



Prep the Veg

- Preheat oven to 220°C/200°C fan/gas mark 7.
- Peel and grate **garlic** (or use a garlic press). Roughly chop **parsley**.
- Drain and rinse **chickpeas**.
- Quarter **mushrooms**. Chop larger pieces so all are evenly sized.
- Pop **chicken** into a large oven dish. **IMPORTANT:** Wash hands and equipment after handling raw chicken and packaging.

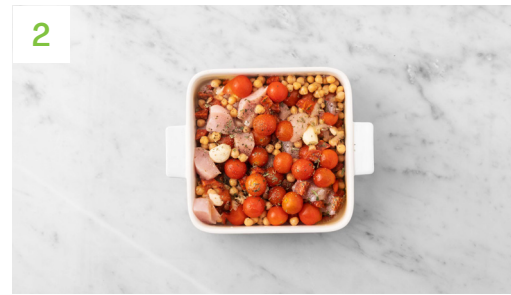
TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing used to keep it fresh.



Serve and Enjoy

- Serve up spoonfuls of hearty **chicken** and **chickpea** bake.
- Pour over any juices from the oven dish.
- Tear off chunks of warm **baguette** for mopping up the sauce.

Enjoy!



Bake the Chicken

- Add **cherry tomatoes, mushrooms, garlic, chickpeas, paprika, parsley** and **chilli flakes** to the oven dish.
- Carefully stir in the **passata, 100ml water, ½ tsp salt** and ½ tsp **sugar** (double all for 4p).
- Drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat.
- Bake until **chicken** is browned, 25-30 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Warm the Bread

- When 5 mins of cooking time remain, pop the **baguettes** into the oven to warm through, 2-3 mins.