



Roasted Chicken and Chilli and Chive Sauce

with baby spinach and boiled potatoes

Calorie Smart Quick Cook 25-30 mins • Optional spice

12



Chicken Breast



Garlic



Creme Fraiche



Potatoes



Baby Spinach



Chives



Chilli



Chicken Stock

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

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Colander

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Garlic	1 unit	2 units
Crème Fraîche	62 ½ g	125 g
Potatoes	400 g	800 g
Baby Spinach	120 g	240 g
Chives	10 g	20 g
Chilli	½ unit	1 unit
Chicken Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	464.5 g	100 g
Energy (kJ/kcal)	2030.2 kJ/ 485.2 kcal	437.1 kJ/ 104.5 kcal
Fat (g)	17.5 g	3.8 g
Sat. Fat (g)	9.2 g	2 g
Carbohydrate (g)	40.1 g	8.6 g
Sugars (g)	3.6 g	0.8 g
Protein (g)	41.1 g	8.8 g
Salt (g)	1.2 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

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



1



Roast the Chicken

- Preheat the oven to 220°C/200°C fan/gas mark 7. Add a drizzle of **oil** to a pan on high heat.
- Season the **chicken** with **salt** and **pepper**. Fry it in the pan until golden, 3-4 mins. Turn over and cook for 1 min. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Put the **chicken** on a lined baking tray on the top shelf of your oven. Cook for 12-15 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

2



Cook the Potato

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 15-20 mins. Stir through the **spinach** in the last minute.
- Once cooked, drain in a colander and return to the pan, off the heat.

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

3



Prep the Veg

- Meanwhile, halve, deseed and finely chop half the **chilli** (double for 4p).
- Finely chop the **chives** (or use scissors).
- Peel and grate the **garlic** (or use a garlic press).
- Return the pan to a medium heat (no need to wash it). Add a drizzle of **oil** if the pan is dry.

4



Start the Sauce

- When hot, add the chopped **chilli** (use less if you don't like spice) and **garlic** to the pan and fry for 1 min.
- Add 75ml **water** (double for 4p) and **chicken stock** to the pan. Bring to the boil and simmer until slightly reduced, 2 mins.
- Stir half the **crème fraîche** (double for 4p) into the pan along with half the **chives**. Season to taste with **pepper**, then remove the pan from the heat.

5

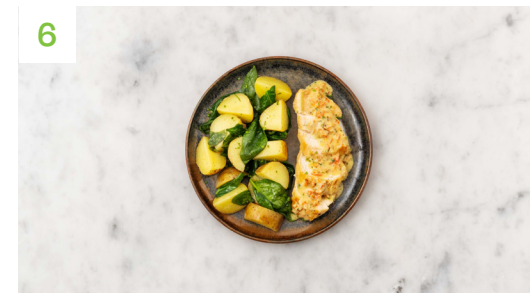


Assemble Your Dish

- When the **chicken** is almost cooked, gently reheat the sauce.
- Season the **spinach** and **potatoes** with a pinch of **salt** and **pepper** and 1 tbsp **butter** (double for 4p). Mix carefully to combine.

TIP: If the sauce needs loosening add a splash of hot water.

6



Finish and Serve

- Divide the **spinach** and **potatoes** between your plates.
- Serve the **chicken breast** alongside and spoon the **chilli** and **chive** sauce all over.
- Finish with a sprinkling of remaining **chives**.

Enjoy!