



# Coq sans Vin

with bacon lardons and creamy mash

Family 60-65 mins

4



Bacon Lardons



Chicken Breast



Chicken Stock



Garlic



Onion



Rosemary



Parsley



Mushrooms



Passata



Potatoes

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



## Before you start

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

## Cooking tools you will need

Oven Dish, Colander, Potato Masher

## Ingredients

	2P	4P
Bacon Lardons	100 g	200 g
Chicken Breast	320 g	640 g
Chicken Stock	1 sachet	2 sachets
Garlic	2 units	4 units
Onion	1 unit	2 units
Rosemary	5 g	10 g
Parsley	5 g	10 g
Mushrooms	150 g	250 g
Passata	1 pack	2 packs
Potatoes	400 g	800 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	697 g	100 g
Energy (kJ/kcal)	2864.3 kJ/ 684.6 kcal	411 kJ/ 98.2 kcal
Fat (g)	28.5 g	4.1 g
Sat. Fat (g)	7.3 g	1 g
Carbohydrate (g)	53.6 g	7.7 g
Sugars (g)	11.3 g	1.6 g
Protein (g)	53.2 g	7.6 g
Salt (g)	3 g	0.4 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.

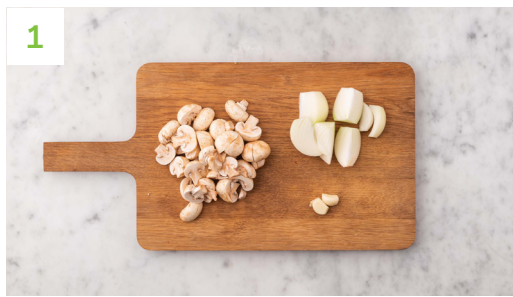
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve and peel the **onion**, then cut each half into 3 wedges.
- Peel the **garlic**.
- Halve the **mushrooms**.
- Place your hand flat on top of the chicken and slice through horizontally to make two thin **steaks**.
- Place a large, oven-proof pot with a lid over medium-high heat with a drizzle of **oil**.

**TIP:** If you don't have an oven-proof pot, use a large pot and transfer stew to an oven dish before placing in oven.



## Slow Cook the Stew

- Cover the dish with a tight-fitting lid or foil.
- Bake in the oven for 40-45 mins until everything is softened and cooked through. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



## Brown the Chicken

- Once **oil** is hot fry the **bacon lardons** until starting to brown, stirring occasionally, 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- Add the **chicken** to the pot. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper**.
- Fry **chicken** until browned all over, 6-8 mins each side, shifting as it colours.



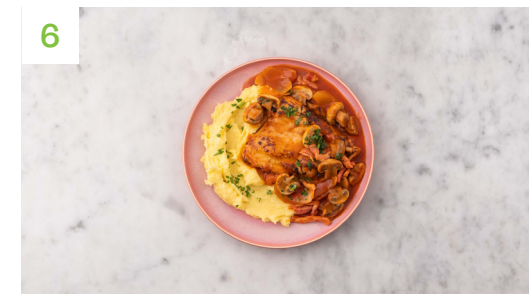
## Make the Mash

- Meanwhile, boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Once boiling, add the **potatoes** 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 **water** or **milk**.
- Mash until smooth. Season to taste with **salt** and **pepper** and cover to keep warm.



## Add the Veg

- Add 150ml **water** and 2 tbsp **flour** (double both for 4p) to the **chicken**.
- Mix thoroughly for 1-2 mins, until starting to boil. Remove from the heat.
- Carefully add the **mushrooms**, **onion**, **garlic**, **passata** and **chicken stock** to the pot.
- Top with half the **rosemary** (double for 4p) and half the **parsley** stalks.
- Mix well and season with **salt** and **pepper**.



## Finish and Serve

- Roughly chop the remaining **parsley** (stalks and all).
- Carefully remove your Coq sans Vin from the oven.
- Divide the mash between plates and top with the Coq sans Vin.
- Garnish with the chopped **parsley**.

**TIP:** Tempranillo is a great wine pairing for this dish!

**Enjoy!**