



Cheese and Caramelised Onion Chicken with Garlic Mash and Stir-Fried Broccoli

Family Hands On Time: 20 Minutes • Total Time: 40 Minutes

7



Potato



Broccoli



Cheddar Cheese



Original Onion Marmalade



Chicken Breast



Garlic Clove

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Two Baking Trays, Saucepan, Grater, Bowl, Clingfilm, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Broccoli**	1	1	2
Cheddar Cheese 7)**	30g	45g	60g
Original Onion Marmalade	40g	60g	80g
Chicken Breast**	2	3	4
Garlic Clove**	2 cloves	3 cloves	4 cloves

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	593g	100g
Energy (kJ/kcal)	2199/526	371/89
Fat (g)	10	2
Sat. Fat (g)	4	1
Carbohydrate (g)	57	10
Sugars (g)	16	3
Protein (g)	53	9
Salt (g)	0.50	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Bring a medium saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). Separate the **broccoli** into florets (little trees). Slice each **broccoli floret** into 2 or 3 pieces. Grate the **Cheddar cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up.



Grill Time

Once browned, transfer the **chicken** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the top of each **steak**, use a spoon to spread it out. Divide the **cheese** between the tops of the **steaks**, press it down with the back of a spoon. Heat your grill to high. When hot, grill the **chicken** until the **cheese** is golden and bubbly, 3-5 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle. Allow to rest for 2 mins before serving.*



Bash the Chicken

Sandwich each **chicken breast** between two pieces of clingfilm. Bash the **chicken** with a rolling pin or the bottom of a saucepan until it is 2cm thick all over. **IMPORTANT:** *Wash your hands after handling raw meat.* Once the **water** is boiling, add the **potatoes** and **garlic clove(s)** and cook until tender, 15-20 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through them.* Once cooked, drain in a colander, pop back in the pan and cover with a lid to keep warm.



Fry the Broccoli

While the chicken is grilling, pop your now empty frying pan back on medium-high heat. Add a drizzle of **oil** if the pan is dry. Add the **broccoli** and season with **salt** and **pepper**. Stir-fry until browned, 4-5 mins, then add a splash of **water**, cover with a lid and allow to steam-fry until the **broccoli** is tender, 3-4 mins. Remove the pan from the heat.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Once the pan is hot, lay in the **chicken**, fry until golden brown, 5-7 mins each side. **TIP:** *When your chicken is ready to be turned, it will release easily from the pan.*



Finish and Serve

Meanwhile, once the **potatoes** are cooked and back in their pan, add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Once everything is ready, serve the **chicken** with the **garlic mash** and **stir-fried broccoli**. Pour over any **cooking juices** from the tray.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.