



Cheese and Caramelised Onion Chicken

with Garlic Mash and Green Beans

27

Calorie Smart 40 Minutes • Under 600 Calories



-  Potatoes
-  Green Beans
-  Mature Cheddar Cheese
-  Onion Marmalade
-  Garlic Clove
-  Chicken Breast

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, grater, bowl, clingfilm, frying pan, baking tray and potato masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Green Beans**	150g	300g	300g
Mature Cheddar Cheese** 7)	30g	45g	60g
Onion Marmalade	40g	40g	80g
Garlic Clove**	2	3	4
Chicken Breast**	2	3	4
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2438 /583	472 /113
Fat (g)	19	4
Sat. Fat (g)	5	1
Carbohydrate (g)	56	11
Sugars (g)	17	3
Protein (g)	49	9
Salt (g)	0.58	0.11

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



7-15



Get Prepped

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Trim the **green beans**. Grate the **cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up. Peel and crush the **garlic** beneath the flat blade of a knife.



Grill Time

Heat your grill to high. Once browned, transfer the **chicken** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the top of each **chicken breast**, using a spoon to spread it out. Sprinkle the **cheese** over the **marmalade**, pressing it down with the back of a spoon. Grill the **chicken** until the **cheese** is golden and bubbly, 3-5 mins. Allow to rest for 2 mins before serving.



Flatten the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. Once the **water** is boiling, add the **potatoes** and **garlic cloves** 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, then pop the **potatoes** and **garlic** back into the pan and cover with a lid to keep warm.



Fry the Beans

While the **chicken** is grilling, pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **green beans**, season with **salt** and **pepper** and stir-fry until starting to char, 2-3 mins. Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a large 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, 5-6 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish and Serve

Meanwhile, add a knob of **butter** and splash of **milk** (if you have any) to the **potatoes**. Mash with the **garlic** until smooth. Season with **salt** and **pepper**. Once everything is ready, serve the **chicken** with the **garlic mash**, **green beans** and a dollop of **mayo** alongside (see ingredients for amount).

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.