



Cheesy Chicken Parmigiana with Buttery Mash and Garlicky Beans

Limited Edition 45 Minutes • 1 of your 5 a day

N° 31



Potatoes



Chives



Green Beans



Garlic Clove



Mozzarella



Chicken Breast



Serrano Ham



Tomato Puree



Finely Chopped
Tomatoes with Basil



Chicken Stock Paste



Grated Hard Italian
Style Cheese



Unsalted Butter

Before you start

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

Cooking tools, you will need:

Saucepan, Garlic Press, Baking Paper or Clingfilm, Frying Pan, Ovenproof Dish, Colander, Lid.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Garlic Clove	2	3	4
Mozzarella 7)**	1 ball	1½ ball	2 ball
Chicken Breast**	2	3	4
Serrano Ham**	2 slice	3 slice	4 slice
Tomato Chopped	1 sachet	2 sachet	2 sachet
Finely Chopped Tomatoes with Basil	1 carton	1½ carton	2 carton
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g
Unsalted Butter 7)**	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	796g	100g
Energy (kJ/kcal)	3612/863	454/108
Fat (g)	38	5
Sat. Fat (g)	23	3
Carbohydrate (g)	58	7
Sugars (g)	14	2
Protein (g)	74	9
Salt (g)	4.54	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg

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, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

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Start the Potatoes

Preheat your oven to 220°C. Bring a medium saucepan of **water** to the boil with ½ tsp of **salt**. Peel the **potatoes** and chop into 2cm chunks. Roughly chop the **chives**. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Drain the **mozzarella** and tear it into small chunks. Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Make the Sauce

Pop your (now empty) frying pan back on medium-high heat and add the **tomato puree** and **half the garlic**. Fry for 1 min, then add the **chopped tomatoes** and **chicken stock paste**. Add a pinch of **sugar** (if you have any), stir together, bring to the boil and simmer until thick, 4-5 mins. Taste and add **salt** and **pepper** if needed. Pour it over the **chicken**, then scatter over the **mozzarella** and **grated hard Italian style cheese**.



Prep the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or clingfilm, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick all over. **IMPORTANT: Wash your hands after handling raw chicken and its packaging.** Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**, then place a rasher of **serrano ham** on each **breast** lengthways.



Mash

Bake your **cheesy chicken** in the oven until the **cheese** is golden and **chicken** cooked through, 12-15 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add the **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper** and stir in **half the chives**. Cover with a lid to keep warm.



Fry the Chicken

Once the **oil** is really hot, carefully lay in the **chicken breasts, ham-side** down, and cook until browned and crispy, 5-6 mins (turn down the heat if necessary). Turn and cook for 4-5 mins on the other side. Once cooked, transfer to an ovenproof dish. Keep your pan - you'll need it for the sauce.



Finish and Serve

Wash your frying pan and pop back on medium-high heat with a drizzle of **oil**. Once the **oil** is hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins. Stir in the remaining **garlic**, turn the heat down to medium and cook for 1 min. 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. Serve the **chicken** and a spoonful of **sauce** with the mash and **beans** alongside. Sprinkle over the **chives** to finish.

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.