



# Crispy Skin Chicken Breast

with Mushroom Vin Sauce, Roasted Carrots and Roasted Garlic Mash

**Family** Hands On Time: 30 Minutes • Total Time: 40 Minutes • 1.5 of your 5 a day

7



-  Chicken Breast
-  Carrot
-  Garlic Clove
-  Potato
-  Closed Cup Mushrooms
-  Echalion Shallot
-  Red Wine Stock

## Before you start

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

## Cooking tools, you will need:

Saucepan, Frying Pan, Two Baking Trays, Colander and Measuring Jug.

## Ingredients

	2P	3P	4P
Chicken Breast **	2	3	4
Carrot**	3	4	6
Sugar for the Carrots*	1 tsp	1½ tsp	2 tsp
Garlic Clove**	2 cloves	3 cloves	4 cloves
Potato**	1 small pack	1 large pack	2 small packs
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Echalion Shallot**	1	1	2
Water for the Sauce*	125ml	200ml	250ml
Red Wine Stock (14)	½ sachet	¾ sachet	1 sachet

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	667g	100g
Energy (kJ/kcal)	1973 /472	296 /71
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	58	9
Sugars (g)	18	3
Protein (g)	44	7
Salt (g)	1.11	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 14) Sulphites

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

### Thumbs up or thumbs down?

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## Cook the Chicken

Preheat your oven to 200°C and boil a large saucepan of **water** over high heat. Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Once the **oil** is hot, lay in the **chicken breasts** skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 minute on the other side. **TIP:** For the crispest skin don't be tempted to move the chicken.



## Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel) and pop them into your pan of boiling **water** with a ½ tsp of **salt**. Simmer 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 and pop them back in their pan. Cover with a lid to keep warm. Meanwhile, thinly slice the **mushrooms**. Halve, peel and thinly slice the **shallot**.



## Prep the Carrots

While the chicken cooks, trim the **carrots** (no need to peel), quarter lengthways and then chop into batons the length of your index finger. Pop them onto a large baking tray and add a drizzle of **oil**. Sprinkle over the **sugar** (see ingredient list for amount) and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer.



## Make the Sauce

Put the frying pan you cooked your **chicken** in back on medium-high heat (no need to wash). Add a drizzle of **oil**, the **mushrooms** and a pinch of **salt** and **pepper**. Stir-fry until the **mushrooms** are golden, 4-5 mins. Add the **shallot** and fry until soft, about 3 mins. Pour in the **water** for the sauce (see ingredients for amount) and add the **red wine stock sachet**. Stir to dissolve the **stock**, then simmer until the sauce has thickened slightly and is glossy, 3-4 mins. Remove from the heat.



## Roast

Transfer the **chicken** to another baking tray (skin-side up). Roast the **chicken** on the top shelf of your oven and the **carrots** on the middle shelf, until the **carrots** are tender and the **chicken** cooked, 20-25 mins. Halfway through, add the **garlic cloves** (no need to peel) to the **carrot** tray to cook for 10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Finish and Serve

When the **chicken** is cooked, transfer it to a chopping board to rest for a couple of mins. Pour any **juices** from the tray into the **sauce**. Carefully, squeeze the **garlic** out of its skin and add it to the **potato** along with a knob of **butter** and a splash of **milk** (if you have any). Add **salt** and **pepper** to taste and mash until smooth. Slice the **chicken**, serve with the **mash** and **carrots**. Spoon over the **sauce**.

## 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.