



Figgy Chicken

with Roasted Garlic Mash and Sugar Snap Peas

Calorie Smart 35 Minutes • Under 600 Calories • Little Spice • 1 of your 5 a day

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Potato



Echalion Shallot



Garlic Clove



Dried Oregano



Chicken Breast - Skin On



Balsamic Vinegar



Fig Jam



Chicken Stock Powder



Sugar Snap Peas

Before you start

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

Cooking tools, you will need:

Saucepan, Wooden Spoon, Frying Pan, Baking Tray, Colander Measuring Jug

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Echalion Shallot**	1	1	2
Garlic Clove	1	2	2
Oil for the Chicken*	1 tbsp	2 tbsp	2 tbsp
Dried Oregano	1 sachet	1 sachet	2 sachets
Chicken Breast - Skin On**	2	3	4
Balsamic Vinegar (14)	1 sachet	1 sachet	2 sachets
Fig Jam**	1 sachet	2 sachets	2 sachets
Chicken Stock Powder	1 sachet	1 sachet	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Sugar Snap Peas**	150g	230g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	2111 /505	401 /96
Fat (g)	11	2
Sat. Fat (g)	2	0
Carbohydrate (g)	56	11
Sugars (g)	14	3
Protein (g)	46	9
Salt (g)	0.94	0.18

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

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HelloFresh UK

Packed in the UK

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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Halve, peel and thinly slice the **shallot**. Peel the **garlic clove(s)** and pop into foil with a drizzle of **oil**. Scrunch to enclose it.



Make the Sauce

Meanwhile, pop your frying pan back on medium heat (no need to wash). Add a drizzle of **oil** if the pan is dry. Add the **shallot** and fry until softened, 2-3 mins. Add the **balsamic vinegar** and cook until almost evaporated, then add the **fig jam**, **chicken stock powder** and **water** (see ingredients for amount). Bring to the boil and simmer until the mixture has thickened, 4-5 mins. **TIP:** Add a splash of water if you feel it needs it. Once cooked, remove the pan from the heat and set aside.



Prep the Chicken

Pop the **oil** (see ingredients for amount) into a bowl and add the **dried oregano**. Season with **salt** and **pepper**, mix together then add the **chicken breasts**. Turn to coat in the **herby oil**. **IMPORTANT:** Wash your hands after handling raw meat.



Roast the Sugar Snaps

When the **chicken** has been cooking for 10 minutes, remove from the oven and carefully transfer the **garlic** to your chopping board. Add the **sugar snaps** to the baking tray with the **chicken**, drizzle with **oil** and season with **salt** and **pepper**. Pop both back into the oven and roast until the **chicken** is cooked through and the **sugar snaps** are tender, 5-7 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Cook the Chicken

Heat a frying pan on medium-high heat (no oil). Once the pan is hot, lay in the **chicken breasts** skin-side down (scrape in all the **oil** and **herbs** from the bowl). Fry until the skin is golden, 4-5 mins. Turn and cook for 3-4 mins on the flesh side, then transfer to a large baking tray skin-side up. Add the **garlic parcel** and roast on the top shelf of your oven for 10 minutes.



Mash and Serve

Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat along with the roasted **garlic**. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Once cooked remove the **chicken** to a board to rest for a couple of minutes, then thinly slice. Serve the **chicken** with the **mash** and **sugar snap peas**. Add the **chicken resting juices** to the **sauce**, and reheat if necessary. Drizzle over the **chicken**.

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.