



Chicken with Soft Polenta,

Roasted Tomatoes and Mushrooms



30-40min



2 Portions

Want to take your meat and three veg dinners up a notch? Look no further. Tender chicken breast with crispy skin takes centre stage. Mushrooms, tomatoes and garlic are the perfect flavour boosters. Soft polenta gives all these fabulous elements the perfect foundation.

What we send

- polenta
- cherry tomatoes
- thyme, 2 garlic cloves
- free-range chicken breast fillet
- vegetable stock concentrate
- button mushrooms

What you'll require

- butter ⁷
- olive oil
- salt and pepper

Utensils

- medium frypan
- medium saucepan
- Whisk
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

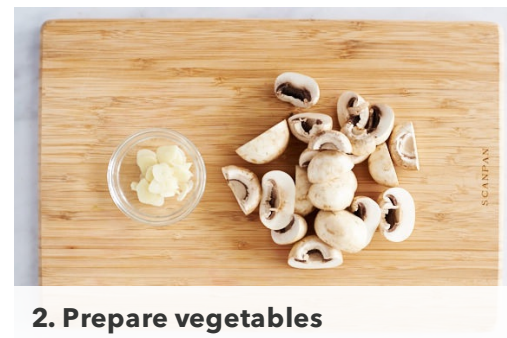
Nutrition per serving

Energy 650.0kcal, Fat 20.3g, Proteins 48.9g, Carbs 64.1g



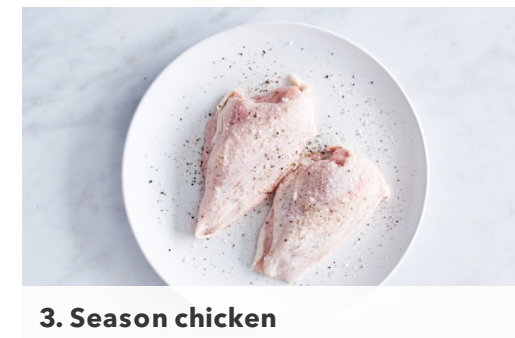
1. Make stock

Preheat oven to 200C. Place the **vegetable stock concentrate**, half of the **thyme sprigs** and 750ml (3 cups) water in a medium saucepan. Bring to the boil then remove from the heat, cover and set aside to infuse.



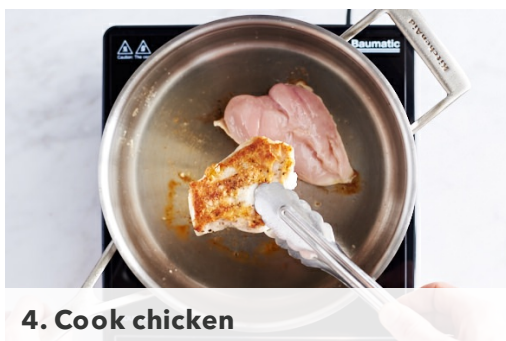
2. Prepare vegetables

Meanwhile, discard **mushroom** stems and cut in half. Slice the **garlic**.



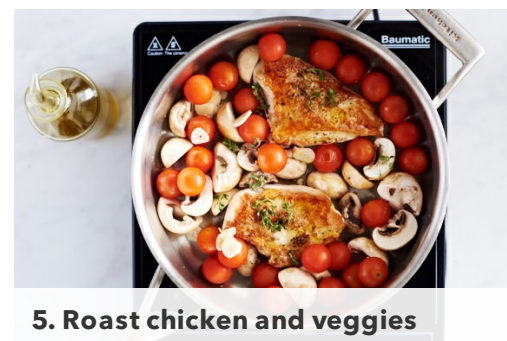
3. Season chicken

Season the **chicken breast fillets** with **salt and pepper**.



4. Cook chicken

Heat 1 tbs **oil** in a medium ovenproof frypan over medium-high heat. Cook the **chicken** skin-side down for 2-3 mins until golden and crispy.



5. Roast chicken and veggies

Turn the **chicken** over so skin is facing up and add **mushrooms, garlic, tomatoes** and remaining **thyme** to the pan. Drizzle 1 tbs **oil** over the vegetables, toss to coat and roast in the oven for 10 mins or until chicken is cooked through and vegetables are tender.



6. Make polenta

Meanwhile, discard **thyme** from **stock**. Bring stock back to the boil and reduce heat to medium. Add **polenta** in a slow, steady steam, whisking constantly to prevent lumps. Caution, polenta will spit and splatter if heat is too high. Cook, stirring gently for 5 mins. Remove from heat and stir in 25g **chopped butter**. Season and serve with **chicken** and **veggies**.