





Crispy Chicken

with Carrot, Swede and Thyme Smash

 20-30min  2 Portions

A Christmas roast dinner never looked so good! We've taken all those wonderful root vegetables synonymous to Christmas and transformed them into a mash and laced it with nutmeg and thyme oil. The use of chicken breast with the skin and wing bone attached turns the dish into something you would find on the menus of fine dining restaurants, making this a perfect Christmas main.

What we send

- nutmeg
- free-range chicken supreme
- thyme
- swede
- carrot
- broccolini

What you'll require

- butter ⁷
- olive oil
- salt and pepper

Utensils

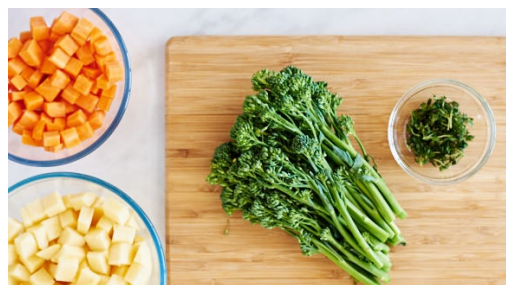
- Colander
 - medium frypan
 - medium saucepan
 - potato masher
 - Slotted spoon
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

Nutrition per serving

Energy 495.0kcal, Fat 20.0g, Proteins 49.4g, Carbs 22.3g



1. Prepare ingredients

Preheat oven to 200C. Bring a medium saucepan of salted water to the boil. Peel the **carrot** and **swede**, then cut into 1cm chunks. Trim the **broccolini**. Pick the **thyme** leaves.



4. Fry thyme

Meanwhile, add 3 tsp **oil** and **thyme** to a medium ovenproof frypan and place over medium heat. Once the oil has heated, toast the thyme for 2-3 mins until fragrant, then remove and set aside.



2. Cook broccolini

Cook the **broccolini** in the boiling water for 1 min, then remove with a slotted spoon and rinse under cold running water. Set aside.



5. Cook chicken

Increase the heat to medium-high heat. Season the **chicken** on both sides with **salt and pepper**. Cook the chicken for 4 mins each side or until golden then transfer pan to oven and roast for 6-8 mins until cooked through. Remove from the oven and set aside to rest for 4 mins. Reduce the heat to medium.



3. Cook swede and carrot

Cook the **swede** and **carrot** in the same boiling water for 20 mins or until tender.



6. Mash veggies

Add the **broccolini** to the frypan and cook for 1-2 mins until warmed through. Season with **salt and pepper**. Remove pan from heat. Drain **root vegetables** and return to saucepan over low heat with 30g **butter**, a pinch of **nutmeg** and the **fried thyme**. Mash and mix until combined. Season to taste with **salt and pepper**. Serve **chicken** with **mash** and broccolini.