

Webfid00327hero bakedchicken

Creamy Baked Chicken and Potatoes with Vegetable Medley



30-40min



4 Portions

Cooler evenings call for this creamy, indulgent baked chicken. It couldn't be simpler to prepare - just brown the chicken and potatoes, then roast in an easy creamy sauce and serve with buttered veggies. Voila!

What we send

- green peas
- garlic
- zucchini
- carrot
- pouring cream ⁷
- free-range chicken breast fillet
- smoked cheddar ⁷
- onion
- desiree potatoes

What you'll require

- butter ⁷
- milk ⁷
- olive oil
- salt and pepper

Utensils

- 2L baking dish
- Colander
- grater
- large frypan
- large saucepan
- 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 735.0kcal, Fat 38.2g, Proteins 50.3g, Carbs 41.6g



1. Pan-fry potatoes

Preheat oven to 180C. Wash and pat dry **potatoes**. Cut into bite sized pieces. Heat 1 tbs **oil** in a large frypan over high heat. Cook the potatoes for 5-7 mins, turning occasionally, until light golden. Transfer to a 2L (8 cup) baking dish and roast for 15 mins.



4. Bake dish

Season **sauce** with **sea salt and pepper** to taste, then pour over the **chicken** and **potatoes**. Sprinkle with remaining **cheddar**. Bake for 10-15 mins until chicken is cooked and potatoes are tender. Meanwhile, bring a large saucepan of water to the boil for the vegetables.



2. Brown chicken

Meanwhile, halve and thinly slice the **onion**. Crush or finely chop the **garlic**. Grate the **cheddar**. Heat 1 tbs **oil** in the same pan over medium heat and cook the onion and garlic for 3-4 mins. Move the onions to one side of the pan, add the **chicken** and cook for 1½ mins each side or until golden.



5. Prepare vegetables

Cut **carrots** and **zucchini** into batons. Cook the carrots in the pan of boiling water for 2 mins. Add zucchini and cook for a further 2 mins. Add **peas** and cook for 2 mins. Drain vegetables.



3. Make sauce

Once **potatoes** have roasted for 15 mins, add **chicken** to potatoes, leaving **onion** in the pan. Add **cream** and 125ml (½ cup) **milk** to the onions. Bring to the boil and boil for 1 min, using a wooden spoon to scrape up any bits from the base of the pan. Remove from heat and stir in half the **cheddar**.



6. Get ready to serve

Melt 20g **butter** in the same saucepan. Remove from heat and add **vegetables**. Toss gently to coat. Divide **chicken**, **potatoes**, **sauce** and vegetables between plates.