



## Crispy Thyme Chicken

with Carrot and Swede Mash



20-30min



2 Portions

Take the cooking-stress out of the big day with this crowd-pleaser. All you have to do is pan-fry chicken with fresh thyme while the vegetables boil, then mash until smooth with butter and nutmeg for a luxurious finish. The combination of sweet carrot and swede is perfect for a Christmas menu (just order two picks), or serve it as a delicious meal throughout the festive week.

## What we send

- carrot, swede
- thyme
- ground nutmeg
- 1 head broccoli
- 1 large free-range chicken breast fillet

## What you'll require

- butter <sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

- medium frypan
- medium saucepan
- potato masher

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

If you don't have an ovenproof frypan, use a regular frypan and after the initial cooking, transfer the chicken to an oven tray.

### Allergens

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

### Nutrition per serving

Energy 590kcal, Fat 35.4g, Carbs 18.9g, Proteins 43.5g



### 1. Prepare ingredients

Preheat the oven to 200C. Bring a medium saucepan of salted water to the boil. Peel the **carrot** and **swede**, then cut into 2cm chunks. Cut the **broccoli** into small florets, then trim and cut the stem into small chunks. Pick the **thyme** leaves.



### 2. Cook carrot and swede

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



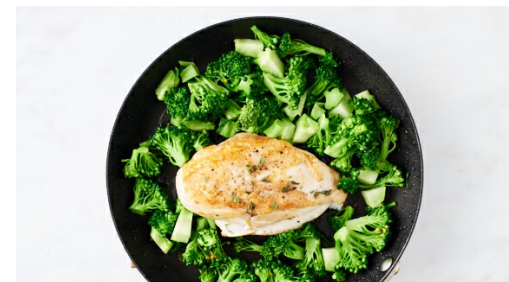
### 3. Blanch broccoli

Meanwhile, put the **broccoli** in a heatproof bowl, cover with boiling water and stand for 2 mins or until it turns bright green. Drain, refresh under cold water and set aside.



### 4. Start cooking chicken

Heat **2 tsp oil** in a medium ovenproof frypan (see cooking tip) over medium-high heat. Season the **chicken** on both sides with **salt and pepper**. Cook the chicken for 4 mins each side or until golden, adding the **thyme leaves** to the pan for the last 1 min of cooking.



### 5. Add broccoli

Add the **broccoli** to the pan and transfer to the oven to roast for 10-12 mins until the chicken is cooked through. (Alternatively, put the chicken, broccoli and any pan juices on an oven tray for roasting.) Remove from the oven and set aside to rest for 5 mins.



### 6. Mash vegetables

Meanwhile, drain the **carrot** and **swede**. Return to the saucepan and cook over low heat for 30 secs to evaporate any excess moisture. Add the **butter** and a **pinch of nutmeg** (reserve remainder for another use), and mash until well combined. Season with **salt and pepper**. Slice the **chicken** and serve with the **mash, broccoli** and any resting juices.