





Chicken and Creamy Polenta

with Roasted Apple and Beans

 20-30min  2 Portions

Up your midweek chicken game with this Italian-inspired meal. Pairing lean, pan-fried breast with soft, creamy polenta, balsamic-roasted apples, onions and fragrant fennel seeds, it's a light and healthy restaurant-style meal in the comfort of your own home.

What we send

- free-range chicken breast fillet
- green beans
- granny smith apple
- red onion
- polenta
- baby spinach leaves
- fennel seeds ¹
- chicken-style stock cubes

What you'll require

- balsamic vinegar ¹⁷
- boiling water
- butter ⁷
- milk ⁷
- olive oil
- sea salt and pepper
- sugar

Utensils

- baking paper
- medium frypan
- medium saucepan

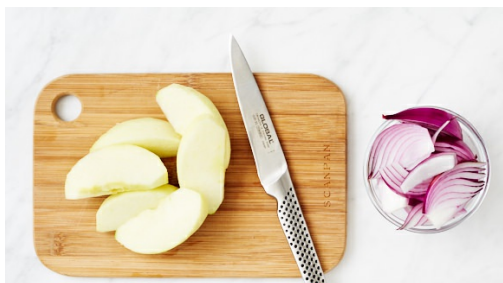
Our veggies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 620kcal, Fat 26.6g, Carbs 47.2g, Protein 43.6g



1. Prepare ingredients

Preheat the oven to 200C. Line a large baking dish with baking paper. Peel the **apple**, cut into 6 wedges and remove the core. Cut the **onion** into wedges.



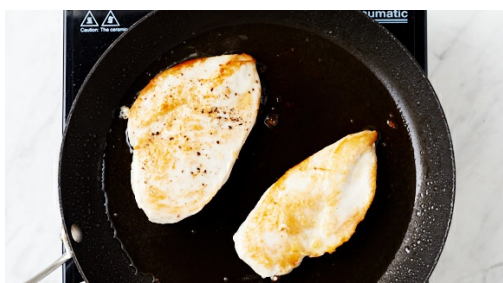
2. Roast apples

Put the **apple** and **onion** on one side of the lined baking dish. Drizzle with **2 tsp olive oil** and **1 tsp balsamic vinegar**, scatter over **1 tsp sugar** and **half the fennel seeds** (reserve remainder for another use), then season with **salt and pepper**. Roast for 10 mins.



3. Prepare chicken

Meanwhile, place your hand on top of the **chicken** and carefully slice horizontally through the middle to make 2 thinner steaks. Season with **salt and pepper**. Trim the ends of the **beans**. Put the beans on the other side of the baking dish, drizzle with **2 tsp olive oil** and roast for a further 10 mins or until the apples and beans are tender.



4. Pan-fry chicken

While the vegetables are roasting, bring a kettle to the boil. Heat **2 tsp olive oil** in a medium frypan over high heat. Reduce heat to medium and cook the **chicken** for 4 mins each side or until golden and cooked through. Remove from the pan and rest for 4 mins. Put the **spinach** in a colander and pour over boiling water to wilt.



5. Start polenta

Put **60ml (1/4 cup) milk** and **750ml (3 cups) boiling water** in a medium saucepan over medium heat. Crumble in the **stock cubes** and bring to a simmer, stirring to dissolve the stock cubes.



6. Get ready to serve

Whisking vigorously, gradually add the **polenta** until combined. Add **25g butter** and cook, whisking constantly, for 3-5 mins until thickened (add extra boiling water if it is too thick). Divide the **creamy polenta, spinach, chicken, apple, onion** and **beans** among plates. Drizzle over any resting juices to serve.