



Braised Chicken and Fennel

with Smashed Potatoes



20-30min



2 Portions

By braising chicken, fennel and a mirepoix of onion, garlic and carrot in a rich tomato stock, you can enjoy healthy comfort food in half the time of a classic stew. Reserve the fragrant fronds from the baby fennel to scatter over the top and serve with quick smashed potatoes - the secret to any satisfying autumn meal.

What we send

- vegetable stock cube
- baby fennel, carrot, garlic
- onion
- potato
- tomato paste
- free-range chicken breast fillet
- green peas

What you'll require

- boiling water
- butter⁷
- sea salt and pepper
- vegetable oil

Utensils

- medium frypan
- potato masher

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

Allergens

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

Nutrition per serving

Energy 620kcal, Fat 27.0g, Carbs 39.7g, Proteins 47.3g



1. Prepare vegetables

Remove the **fennel** fronds and finely chop. Trim and discard all but 2cm of the stem. Quarter the bulb, then thinly slice lengthwise. Finely chop the **onion**. Peel and finely chop the **carrot**. Crush or finely chop the **garlic**. Halve or quarter any large **unpeeled potatoes**.



4. Braise chicken

Heat **1 tbs olive oil** in the pan over medium heat. Cook the **fennel, onion, carrot** and **garlic**, stirring, for 4-5 mins until starting to soften. Add the **tomato stock** and bring to the boil. Add the **chicken**, reduce the heat to medium-low and cook, covered, for a further 8-10 mins until the chicken is tender.



2. Make tomato stock

Put **1 stock cube** into a heatproof jug. Add **250ml (1 cup) boiling water** and stir to dissolve. Stir in **1 tbs tomato paste** (the remaining stock cube and tomato paste won't be used in this dish).



5. Make smashed potatoes

Meanwhile, put the potatoes in a medium saucepan of cold salted water. Bring to the boil, then reduce the heat to medium and cook for 10 mins or until tender. Drain and return to the pan. Add **15g butter**, season with **salt and pepper** and smash with a potato masher or fork.



3. Brown chicken

Season the **chicken** all over with **salt and pepper**. Heat **1 tbs olive oil** in a medium frypan over high heat. Cook the chicken for 2 mins each side or until golden. Remove from the pan and set aside.



6. Get ready to serve

Drain and rinse the **peas**, then add to the chicken mixture and cook for 1 min or until warmed through. Slice the **chicken**. Divide the **smashed potatoes, braised vegetables** and **chicken** among bowls and scatter over the **fennel fronds** to serve.