

DINNERLY



Pan-Fried Italian Chicken with Garlic Smashed Potatoes

 20-30 minutes  4 Servings

Pack some serious punch into mid-week dinner with chicken marinated in mixed herbs and porcini powder – your secret flavour weapon. Smash up some spuds and serve with peas and carrots.

WHAT WE SEND

- 2 carrots
- 2 large free-range chicken breast fillets
- 10g porcini powder
- 5g dried Italian herbs¹⁷
- 2 x 150g peas
- 600g chat potatoes

WHAT YOU NEED

- garlic
- butter⁷
- olive oil

TOOLS

- large saucepan with lid
- potato masher
- large frypan
- medium saucepan

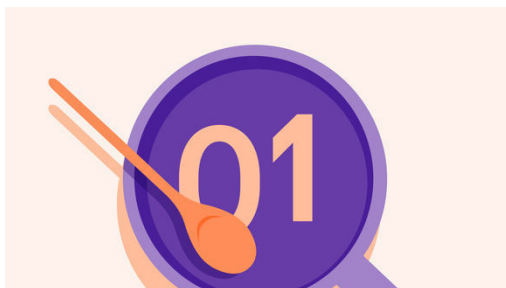
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

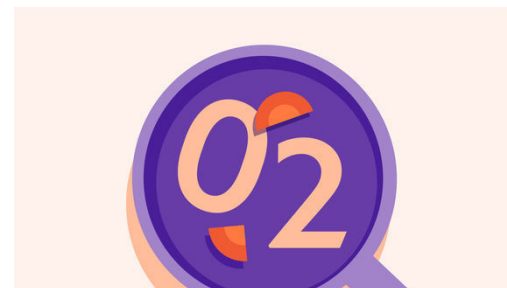
NUTRITION PER SERVING

Energy 525kcal, Fat 24.9g, Carbs 26.1g, Proteins 44.2g



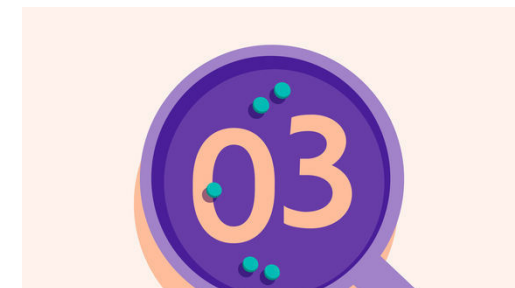
1. Prep ingredients

Quarter the **unpeeled potatoes**. Peel the **carrots** and halve lengthwise, then cut into quarters. Crush or finely chop **2 garlic cloves**.



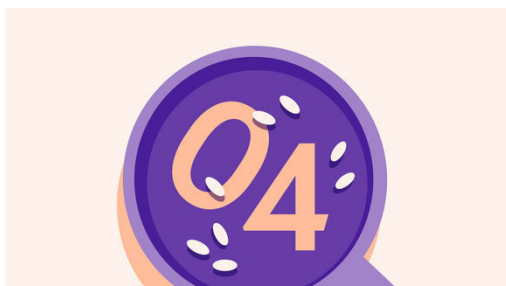
2. Cook potato and carrot

Put the **potato** and **carrot** in a large saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 12-14 mins until tender. Drain, then transfer the carrot to a bowl, leaving the potato in the pan. Add the **garlic** and **40g butter** to the pan. Lightly smash with a potato masher or fork (see Kitchen 101). Season with **salt** and cover to keep warm.



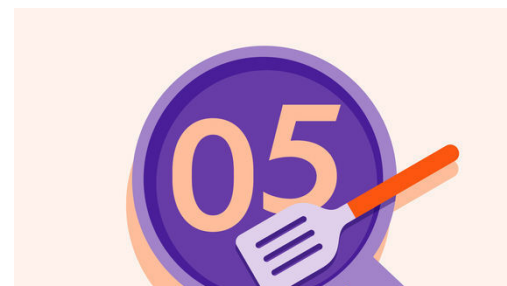
3. Marinate chicken

Meanwhile, put the **chicken breasts** flat on a board, put your hand on top and halve horizontally into 4 equal fillets. Put the **porcini powder**, **dried Italian herbs** and **2 tbs olive oil** in a bowl, season with **salt and pepper** and stir to combine. Add the chicken and turn to coat.



4. Pan-fry chicken

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove the pan from the heat and rest for 3 mins.



5. Serve up

Meanwhile, bring a medium saucepan of salted water to the boil. Cook the **peas** for 2 mins or until bright green. Drain. Divide the **smashed potato**, **carrots**, **peas**, **chicken** and any resting juices among plates, season with **salt and pepper** and enjoy.



6. Kitchen 101

Smashing – pressing or gently squashing – the potatoes after they've boiled is a quick take on mash that saves on peeling and gives them more texture, too.