



Chicken Breast and Mustard Cream Sauce

with Mini Roast Potatoes, Garlicky Pea Pods and Green Beans

High Protein

Preparation time : 40 min.



British Chicken
Breasts



Potatoes



Green Beans



Garlic Clove



Chicken Stock
Paste



Creme Fraiche



Wholegrain
Mustard



Young Pea Pods



Water for the
Sauce



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chicken-breast-and-mustard-cream-sauce-144>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Lid, Pan, Small sauce pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Chicken Breasts (unit(s))	2	3	4
Potatoes (grams)	450	700	900
Green Beans (grams)	80	80	160
Garlic Clove (unit(s))	2	3	4
Chicken Stock Paste (grams)	10	15	20
Creme Fraiche (grams)	75	120	150
Wholegrain Mustard (grams)	10	15	20
Young Pea Pods (grams)	80	160	160
Water for the Sauce (milliliter(s))	100	150	200

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2129 kj
Energy (kcal)	509 kcal
Fat	19.6 g
of which saturates	8.2 g
Carbohydrate	51.8 g
of which sugars	6.4 g
Dietary Fibre	7.9 g
Protein	45.5 g
Salt	1.49 g

Allergens

Mustard, Milk

Always check the product labels for allergen information.



Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm chunks (no need to peel).
Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Start the Prep

Meanwhile, lay the **chicken** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
Roast the **chicken** on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Finish the Prep

While everything cooks, trim the **green beans**.
Peel and grate the **garlic** (or use a garlic press).



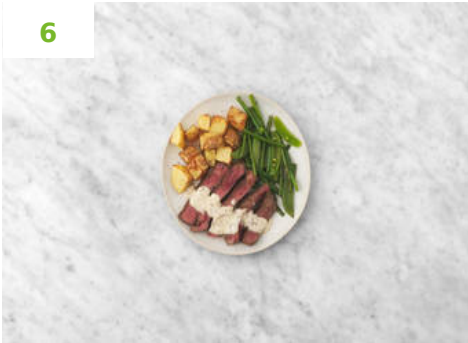
Make the Mustard Sauce

Pop a small saucepan on medium-high heat (no oil).
Add the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil, then simmer for 1-2 mins.
Next, stir in the **creme fraiche**. Bring to the boil and simmer until thickened, 3-4 mins.
Stir in the **wholegrain mustard** and remove from the heat. Taste and season with **salt** and **pepper** if needed.



Bring on the Greens

Meanwhile, heat a drizzle of **oil** in another frying pan on medium-high heat.
Once hot, add the **green beans**. Stir-fry until starting to char, 2-3 mins.
Stir in the **young pea pods** and **garlic**, turn the heat down to medium and cook for 1 min, then add a splash of **water** and cover with a lid or some foil.
Allow to cook until the **greens** are tender, 4-5 mins.



Finish and Serve

When everything is cooked, thinly slice the **chicken** widthways and transfer to your plates.
Serve the **potatoes**, **young pea pods** and **green beans** alongside.
Spoon the **creamy mustard sauce** over the **chicken** to finish.

Enjoy your meal!