



**HELLO
FRESH**

Fuss-Free Cheesy Marinara Chicken Bake

with Oven-Baked Chips and Tomato Salad

Prepped in 10

Preparation time : 40 min.



Potatoes



British Chicken
Breasts



Mixed Herbs



Marinara Sauce



Mature Cheddar
Cheese



Baby Plum
Tomatoes



Wild Rocket



Balsamic Glaze



Honey



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/fuss-free-cheesy-marinara-chicken-bake-194>

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, Grater, Small Bowl, Oven dish

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
British Chicken Breasts (unit(s))	2	3	4
Mixed Herbs (sachet(s))	1	1	2
Marinara Sauce (grams)	120	180	240
Mature Cheddar Cheese (grams)	50	75	100
Baby Plum Tomatoes (grams)	125	190	250
Wild Rocket (grams)	20	40	40
Balsamic Glaze (grams)	12	18	24
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

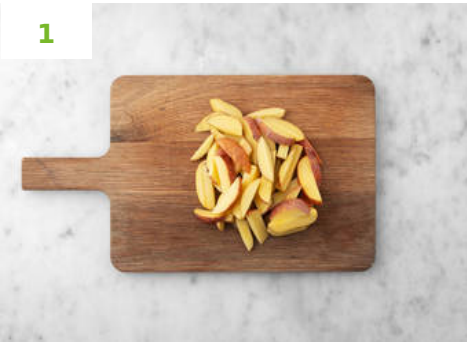
Nutritional values

Per serving	Amount
Energy (kJ)	2250 kJ
Energy (kcal)	538 kcal
Fat	15.6 g
of which saturates	6.1 g
Carbohydrate	63.8 g
of which sugars	18.2 g
Dietary Fibre	6.2 g
Protein	49.2 g
Salt	1.41 g

Allergens

Milk, Sulphites

Always check the product labels for allergen information.



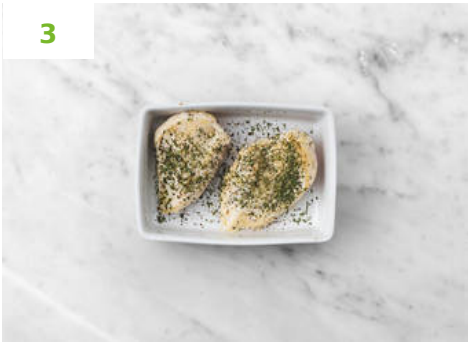
Chop your Chips

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).



Time to Bake

Pop the **chips** 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, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



Bake the Chicken

Meanwhile, lay the **chicken** into an appropriately-sized ovenproof dish, drizzle with **oil**, sprinkle over the **mixed herbs** 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 of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish the Prep

While everything's in the oven, in a small bowl, combine the **marinara sauce** and **honey** (see pantry for amount).
Grate the **cheese**.
Halve the **baby plum tomatoes**.



Cheese Please

When the **chicken** has 5 mins left, pour over the **marinara sauce** and sprinkle the **cheese** on top.
Return to the oven for the remaining time until the **sauce** is piping hot and the **cheese** is melted.



Serve Up

Share the **marinara chicken** between your plates, spooning over any remaining **sauce** from the **dish**.
Serve with the **chips** and **rocket** and **baby plum tomatoes** on the side.
Drizzle the **balsamic glaze** over the **salad** to finish.

Enjoy your meal!