



Family Favourite Butterflied Chicken and Cheesy Veg

For Adults: Add Pickled Onion, Soured Cream and Pumpkin Seeds

Elevate for Adults High Protein

Preparation time : 35 min.



- Potatoes
- Carrot
- Red Wine Vinegar
- British Chicken Breasts
- Central American Style Spice Mix
- Pumpkin Seeds
- Cooked Beetroot
- Red Onion
- Garlic Clove
- Grated Hard Italian Style Cheese
- Soured Cream
- Sugar for the Pickle



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/family-favourite-butterflied-chicken-and-cheesy-veg-391>

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, Bowl, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Cooked Beetroot (grams)	250	375	500
Carrot (unit(s))	1	2	2
Red Onion (unit(s))	1	1½	2
Red Wine Vinegar (milliliter(s))	12	24	24
Garlic Clove (unit(s))	2	3	4
British Chicken Breasts (unit(s))	2	3	4
Grated Hard Italian Style Cheese (grams)	20	40	40
Central American Style Spice Mix (sachet(s))	1	1	2
Soured Cream (grams)	75	150	150
Pumpkin Seeds (grams)	15	22½	30
Sugar for the Pickle (tsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2655 kJ
Energy (kcal)	635 kcal
Fat	20.3 g
of which saturates	7.2 g
Carbohydrate	74.3 g
of which sugars	26.7 g
Dietary Fibre	12.6 g
Protein	51.5 g
Salt	0.96 g

Allergens

Egg, Milk, May contain traces of allergens, Sulphites

Always check the product labels for allergen information.



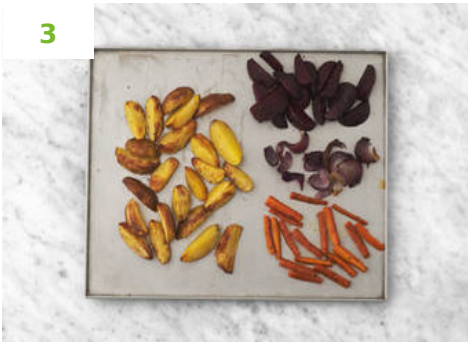
Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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 top shelf until golden, 25-35 mins. Turn halfway through.



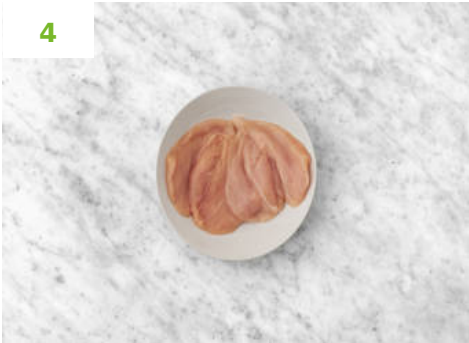
Prep the Veg

Meanwhile, cut the **beetroot** into 2cm wedges. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands. Trim the **carrot** (no need to peel). Cut into roughly 1cm wide, 5cm long batons. Halve, peel and slice **one third** of the **red onion** as thinly as you can. Pop the **sliced onion** into a small bowl and add the **red wine vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix and set aside to pickle. Cut the remaining **onion** into roughly 3cm wedges.



Finish Prepping

When the **potato wedges** have 25 mins of roasting time remaining, add the **carrot**, **onion wedges** and **beetroot** to the same tray. Drizzle over some **oil**, season with **salt** and **pepper** and toss together. Return to the oven for the remaining roasting time. Meanwhile, peel and grate the **garlic** (or use a garlic press).



Butterfly your Chicken

Lay a **chicken breast** onto your chopping board, place your hand flat on top and slice into it from the side until there's 2cm left (be careful not to slice all the way through). Open it up like a book. Repeat with the other **breast(s)** - you've butterflied your **chicken**! **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. When the **potatoes** and **veg** have 10 mins of roasting time remaining, sprinkle over the **Italian style cheese**, then return to the oven to melt, 10 mins.



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, lay the **butterflied chicken** into the pan and season with **salt** and **pepper**. Cook until browned and cooked through, 5-6 mins each side. Add the **garlic** and **Central American style spice mix** and fry for another 1-2 mins. Turn to coat the **chicken** in the **garlic** and **spices**. Once cooked, transfer to a plate to rest for a couple of mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve

Share the **cheesy roasted veg and potatoes** between your serving plates. Top with the **spiced chicken** and drizzle over the **soured cream**. **Elevate me:** Sprinkle the pumpkin seeds and the pickled onion over the adults' portions (and any kids' portions if they want them too!).

Enjoy your meal!