



Peri Peri Chicken in Creamy Spiced Ricotta Sauce

with Cheesy Mashed Potato, Buttery Green Beans and Cavolo Nero

High Protein

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/peri-peri-chicken-in-creamy-spiced-ricotta-sauce-404>

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

Medium Saucepan, Garlic Press, Large Saucepan, Colander, Pan, Potato Masher

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Chicken Breasts (unit(s))	2	3	4
Peri Peri Seasoning (sachet(s))	1	1½	2
Potatoes (grams)	450	700	900
Onion (unit(s))	1	2	2
Green Beans (grams)	80	160	160
Garlic Clove (unit(s))	2	3	4
Ricotta Cheese (grams)	100	150	200
Chopped Cavolo Nero (grams)	100	200	200
Grated Hard Italian Style Cheese (grams)	20	40	40
Sugar (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	100	150	200
Butter (grams)	10	15	20

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2447 kj
Energy (kcal)	585 kcal
Fat	19.9 g
of which saturates	9 g
Carbohydrate	63 g
of which sugars	15.2 g
Dietary Fibre	11.2 g
Protein	52.3 g
Salt	2.89 g

Allergens

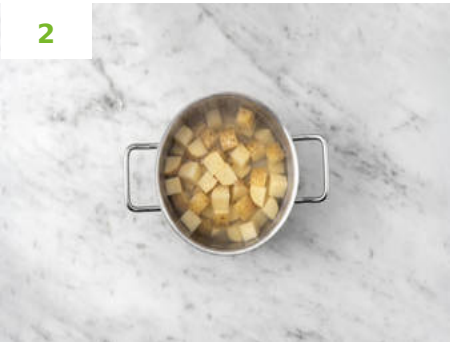
Egg, Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Roast the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7. Lay the **chicken** onto a baking tray, drizzle with **oil**, sprinkle over **half the peri peri seasoning** 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. When the oven is hot, 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. It's cooked when no longer pink in the middle. Meanwhile, bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.



Boil the Potatoes

Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. While the **potatoes** boil, halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



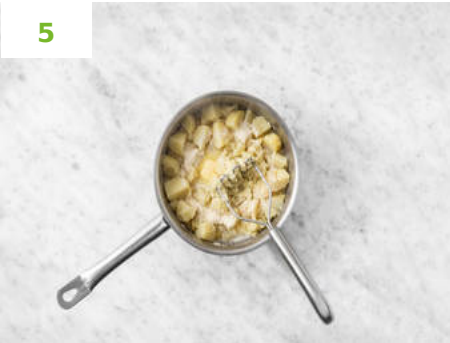
Build the Sauce

Meanwhile, trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press). When the **onion** has softened, add **half the garlic**, remaining **peri peri seasoning** and **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more. Stir the **ricotta** and **water for the sauce** (see pantry for amount) into the **onion**. Simmer until piping hot, 2-3 mins. Season well with **salt** and **pepper**, then remove from the heat and cover with a lid to keep warm.



Veg Time

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the remaining **garlic**, then turn the heat down to medium and cook for 1 min. Add the **cavolo nero** and a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** and **cavolo** are tender, 4-5 mins. Remove the pan from the heat, season with **salt** and **pepper** and stir in the **butter** (see pantry for amount) until melted.



Mash!

While the **beans** fry and once the **potatoes** are cooked, drain them in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir in **half the hard Italian style cheese**.



Serve

Once everything's ready, reheat the **sauce** if needed. Cut the **chicken** widthways into 2cm thick slices. Spoon the **spiced ricotta sauce** onto your serving plates and top with the **sliced chicken**. Serve the **mashed potato** and **garlicky veg** alongside. Finish by sprinkling the remaining **cheese** over the **chicken**.

Enjoy your meal!