

Chicken in Sun-dried Tomato Sauce

with Rosemary Potatoes and Zucchini

hellóchef

Familiar flavours like rosemary take humble ingredients such as chicken and potatoes to the next level.

Cals 616 • Prot 64 • Carbs 62 • Fat 13

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🕒 cook: 45 min

R2684



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Sun dried tomatoes	30	60	90	Grams
Red onion	0.5	1	1	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Salt	0.25	0.5	0.5	Tsp
Tomato paste	30	50	70	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Water	200	300	400	ML
Brown sugar	5	8	10	Grams
Cream cheese 4*	80	120	160	Grams
Sides				
Fresh rosemary	10	10	10	Grams
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Large zucchini	1	1	2	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2579 / 616
Fat (g)	13.3
of which saturates (g)	7.5
Carbohydrate (g)	62
of which sugars (g)	18.2
Fiber (g)	13.2
Protein (g)	63.5
Salt (g)	2.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast potatoes

Preheat the oven to 200°C/180°C fan. Strip and finely chop a couple sprigs of **rosemary**. Chop the **potatoes** (skins on) into half moons or wedges. Add the **potatoes** to a baking tray with the **rosemary**, a drizzle of **vegetable oil** and a pinch of **salt**. Toss until the **potatoes** are coated. Roast for 20 min until halfway cooked through.

Tip! If you find the rosemary overpowering, use only half the amount.



2 Prep vegetables

Meanwhile, finely chop the **sun-dried tomatoes**. Peel and finely chop the **onion**. Peel and mince the **garlic**. Slice the **zucchini** in quarters lengthwise, remove the seeds in the middle, and chop into chunky slabs.



3 Fry chicken

Heat a non-stick pan over a medium-high heat with a drizzle of **olive oil**. Add the **chicken breasts** with a pinch of **salt** and cook for 5-7 min on either side until golden and mostly cooked through. Transfer the **chicken** to a plate, and reserve the pan.



4 Roast zucchini

Once the **potatoes** are halfway cooked through, add the **zucchini** alongside with a small drizzle of **oil** and a pinch of **salt**. Roast for 15-20 min further until cooked to your liking.

Tip! Overcrowded? Use two trays to roast the vegetables.



5 Make sauce

Return the reserved pan to a medium heat. Add the **onion** and **garlic** with a drizzle of **oil** and cook for 3 min. Add the **tomato paste**, **sun-dried tomatoes** and cook for 1 min. Add the [0.5/1/1] **chicken stock cube**, **measured water**, **sugar** and simmer for 5 min. Add the **cream cheese** and whisk until smooth. Add the **chicken** back and cook for 2-3 min further until warmed through.

Tip! For a velvety sauce, transfer the cooked ingredients to a blender and blitz until smooth.



6 Serve

Slice the **chicken** and divide it amongst plates. Drizzle over the **sauce** and serve with the roasted **potatoes** and **zucchini** alongside.