



More Than Food
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Cranberry and Cream Cheese Roulades with Roast Potatoes

With the Big Day so close we wanted to give you a bit of pre-match training. Tonight you're going to be practising your perfect roast potatoes and we're throwing in another Crimbo themed touch with some cranberry stuffed chicken. It's dead simple and the flavours are the perfect warm up to the 25th. The key secret is to get some nice rough edges on your potatoes before they go into the oven. Prizes for the crunchiest looking 'taters!



40 mins



Potato



Chicken Breast



Philadelphia Cheese



Dried Cranberries



Broccoli




Flour



Chicken Stock Pot

Ingredients

	2P	4P
Potato, chopped	1 pack	2 packs
Chicken Breast	2	4
Philadelphia Cheese 1	1 tbsp	2 tbsp
Dried Cranberries, chopped	3 tbsp	6 tbsp
Broccoli, florets	1	2
Flour 2	1 tbsp	2 tbsp
Chicken Stock Pot	½	1

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Gluten

Nutrition per serving: Calories: 608 kcal | Protein: 38 g | Carbs: 81 g | Fat: 16 g | Saturated Fat: 3 g



1 Pre-heat your oven to 190 degrees and boil a large pot of water for your potatoes. Peel the potatoes and chop into equal (roughly 4cm) chunks. Boil for 4 mins (no longer!) then drain the water and put them back in the pot. Put a lid on the pot and shake it a bit, to give the potatoes fluffy edges. **Tip:** *This is called par-boiling!*



2 Lightly grease a baking tray and put the potatoes on it. Drizzle a little oil over the potatoes to give them a fairly even coating. Season each potato with a little pinch of salt and pepper. Place on the top shelf of the oven for around 25 mins (or until crispy on the outside and soft in the middle).



3 While you're doing that get one of santa's little helpers to look after the chicken. Place the chicken breasts between two sheets of clingfilm. Whack them with the bottom of a heavy saucepan until they are ½cm thick all over.



4 Spread the cream cheese evenly over one side of each chicken breast. Roughly chop the cranberries and scatter these over the top. Season with a pinch of salt and pepper and then tightly roll each chicken breast up like a swiss roll!

5 Heat 1 tbsp of oil in a non-stick frying pan on high heat. Once hot, gently lay in your chicken roulades with the loose end facing downwards. Cook on each side for a minute to brown them off then remove to a baking tray. Keep the pan as we'll use it to make a gravy later!

6 Transfer the potatoes to the middle shelf of the oven and place the chicken on the top shelf for 20-25 mins or until it is completely cooked through. Boil a pot of water for your broccoli. **Tip:** *You'll know the chicken is cooked through when it is no longer pink in the middle.*

7 Chop your broccoli into bite-sized florets then boil for 3 mins before draining (keep back 200ml of the boiling water you cooked your broccoli in for your gravy). While the broccoli boils put your frying pan back on medium-high heat. Once it's hot add in the flour and stir until you have a thick paste (add a bit more oil if you need to). Add half the stock pot and gradually add the 200ml of broccoli water you kept back.

8 Keep stirring until you have a thick, lump free gravy then serve everything together immediately.