



Sweet and crunchy chicken

Prep: 15 minutes • Cook: 20 minutes • Serves: 2



Ingredients

250g skinless and boneless chicken thighs, cut into 1 inch chunks
10g plain flour
Black pepper
40g marmalade
40g cornflakes, crushed
400g tinned potatoes
160g frozen mixed vegetables
Reduced-salt chicken gravy granules, made up per instructions for 2 portions (approximately 2 heaped teaspoons)

- 1** Preheat oven to 180°C. Put the flour and pepper into a shallow dish and coat chicken with it. Put marmalade into a second shallow dish and cornflakes into a third.
- 2** Dust the excess flour off the chicken pieces then roll in marmalade and then cornflakes. Place onto a non-stick baking tray.
- 3** Put chicken into the oven and bake for 20 minutes until golden. Boil vegetables and potatoes in plenty of water, drain and discard the water.
- 4** Serve the potatoes, vegetables and chicken into 2 portions and top with the gravy

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✗

Cost per portion (September 2022) **£1.22**

Carbohydrate **54g**

Energy in kcals **538**