



# CHICKEN AND POWERFUL POTATOES

*By Mr Colchester and Miss Ormes*



## INGREDIENTS

- new potatoes
- mangetout
- an egg
- spring onions
- 2 chicken breasts
- paprika
- bagged salad (to serve)

## PREP TIME

- Prep | 5 m
- Cook | 15 m
- Ready in | 20 m

## PROCEDURE

- 01** Put the new potatoes in a microwave-proof bowl, prick them with a fork and microwave for 8 mins.
- 02** Chop up the chicken, season with paprika and add to a hot frying pan.
- 03** Once the chicken is cooked, finely chop the spring onions, half the mangetout and add to the pan.
- 04** In a nearly boiling pan of water, poach the egg.
- 05** Once the potatoes have finished in the microwave, chop them in to slices and add to the frying pan with the chicken.
- 06** Serve everything on a plate with a side salad and place the poached egg on top.