

# Roast Chicken with Mashed Potatoes, Green Beans & Gravy

🍷 2 servings

502 Kcal / serving

24g Protein 27g Fat 46g Carbs

## Ingredients

- 2 large (220g in total) - **Chicken thighs**
- 400g - **Potatoes**
- 200g - **Green beans**
- 15g - **Butter**
- 2 tablespoons (30g) - **Low fat milk (1.5% fat)**
- **Freshly ground black pepper**
- 250g - **Carton fresh poultry gravy or 4 teaspoons (20g) - Chicken gravy granules**



## The Method

Preheat the oven to 180°C, (350°F), gas mark 4. Pat the chicken skin dry with kitchen paper and place in a small non-stick roasting tin. Season with pepper and roast for 45 minutes or until cooked through and golden brown. Test with a small knife to ensure the chicken is cooked through.

Meanwhile, peel the potatoes and cut them into even sized chunks. Put in a pan of water and bring to the boil. Cover with a lid, then reduce the heat and simmer for 15-20 minutes or until completely tender but still holding their shape.

Trim the green beans and place in a separate small pan of boiling water, then cover and simmer for 3-4 minutes until tender. Drain well.

Heat the gravy according to carton instructions in a small pan or make up the gravy granules according to packet instructions and simmer gently until heated through, stirring occasionally to ensure there is no lumps.

Remove the cooked chicken from the oven and leave to rest for about 5 minutes.

Drain the cooked potatoes and return to the hot pan with the lid on and leave for a few minutes to dry out. Add the butter and pepper and mash until smooth, then beat in the milk.

Place a chicken thigh on each plate with some mashed potatoes and season with pepper. Add the green beans and pour over the gravy to serve.