



**CHEFS
SELECTIONS**
GREAT TASTE · RIGHT PRICE

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METHOD

1. **Marinate the chicken.** Combine 4 tbsp treacle and 250ml stout in a bowl. Add the chicken breast, coat well, and leave to marinate.
2. **Cook the chicken.** Place the marinated chicken on a tray and bake in the oven at 180°C for 20 minutes, or until the core temperature reaches 72°C.
3. **Cook the potatoes.** Deep fry Chefs' Selections seasoned cubes at 180°C until golden brown and crisp.
4. **Prepare the vegetables.** Roast the cherry vine tomatoes in the oven until softened and slightly blistered. Steam the cavolo nero for 4 minutes, until just tender.
5. **Serve.** Plate the chicken with the crispy potatoes, roasted tomatoes, Tenderstem® broccoli and cavolo nero. Serve immediately.

STICKY TREACLE & ALE CHICKEN

INGREDIENTS

Chefs' Selections seasoned cubes
4 tbsp Lyle's black treacle
Cavolo nero
Cherry vine tomatoes
250ml stout
Chicken Breast Fillet 230g - 260g