



## **MAINS**

### **10) Capricorn Mash with Herbed Chicken Breasts (spring)**

**Serves 4**

#### **Ingredients**

6 tbsp freshly chopped mixed herbs (e.g. chives, parsley, tarragon)

4 skinless chicken breasts

2 tbsp olive oil

4 stalks cherry tomatoes on the vine

1/2 tsp caster sugar

1kg floury potatoes, peeled and cut into large chunks

200ml milk

2 x 100g goat's cheese, roughly chopped

- Preheat the oven to 200C (400F, gas 6)
- Spread the herbs out on a plate, then drizzle 1 tbsp oil over the chicken breasts and season lightly. Roll in the herbs to coat completely then place on a baking tray
- Add the tomatoes on the vine, drizzle the remaining oil over the tomatoes and sprinkle with the caster sugar
- Roast the chicken and tomatoes for 15-20 mins or until the juices of the chicken run clear when pierced. Rest the chicken for 5 mins before slicing
- Meanwhile, boil the potatoes in a large pan of lightly salted water until tender. Drain into a colander
- Place the pan back on the heat and add the milk and goats cheese, stirring until most of the cheese has melted
- Mash the potatoes into the molten cheese, adding seasoning to taste
- Serve the mash with the sliced chicken breasts and roasted tomatoes