






Cooking Made Easy

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Cheeky Chutney Chicken with Cooling Summer Slaw

Chutneys are served with almost every meal in India, as relishes with curries, but also as sauces for hot dishes. They can be fresh or cooked, and are made from a wide variety of ingredients. They range in flavour from sweet or sour, spicy or mild, or any combination of these; they can be thin or chunky and can be made with fruits or vegetables or both. Here we're using mango chutney as the main event rather than an accompaniment to give the chicken a lovely fruity glaze.



40 min



family box



gluten free



spicy



Chilli Ketchup (1 tbsp)



Mango Chutney (2 tbsp)



Chicken Breast (4)



New Potatoes (1 pack)



White Cabbage (½)



Carrot (1)



Red Onion (1)



Coriander (3 tbsp)



Sour Cream (1 pot)



Lemon (1)



Dijon Mustard (1 tbsp)

Ingredients

	2P	4P
Chilli Ketchup	-	1 tbsp
Mango Chutney	-	2 tbsp
Chicken Breast	-	4
New Potatoes, quartered	-	2 packs
White Cabbage, chopped	-	½
Carrot, grated	-	1
Red Onion, sliced	-	1
Coriander, chopped	-	3 tbsp
Sour Cream 1	-	1 pot
Lemon	-	1
Dijon Mustard 2	-	1 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk | 2) Mustard

Nutrition per serving: Calories: 655 kcal | Protein: 41 g | Carbs: 83 g | Fat: 19 g | Saturated Fat: 10 g

2



1 Pre-heat your oven to 200 degrees.

2 Mix 1 tbsp of chilli ketchup with the mango chutney, ¼ tsp of salt and a few grinds of pepper. **Tip:** If you're little 'uns like a spicy kick, simply add a bit more of the chilli ketchup to the mixture. Coat the chicken breasts in the mixture and cook on the top shelf of your oven for 15 mins. After 15 mins, turn the grill to high and grill the chicken for 5 mins to brown off the top. **Tip:** The chicken is cooked when it is no longer pink in the middle.

3



3 Cut the potatoes into quarters, coat in 1 tbsp of olive oil, ½ tsp of salt and a few grinds of black pepper. Spread on a baking tray and cook in the oven for 15 mins or until cooked through and nice and brown at the edges.

4



4 Cut the cabbage in half. **Tip:** The recipe only needs ½ the cabbage, so save one half in your fridge for another time. Cut the remaining half in half again (e.g. you have two quarters). Cut out the woody core. Chop the cabbage as finely as you can. Peel the carrot and grate it coarsely.

5



5 Peel the onion and cut in half through the root. Slice the onion into thin half moon shapes and roughly chop the coriander. **Tip:** If you don't like your onion too strong, put it in a heatproof bowl and pour boiling water on it, leave for 30 secs and then drain off - this will take some of the strength out of the onions.

6 LH: Mix all the vegetables with 3 tbsp of sour cream. Stir in 2 tbsp of chopped coriander, 2 tbsp of lemon juice, 1 tbsp of mustard, ¼ tsp of salt and a few grinds of pepper. **Tip:** If the little 'uns prefer things a little sweeter, you can add ½ tsp of sugar if you have any in.

7 Serve the chicken with a generous spoonful of the potatoes and vegetable coleslaw and sprinkle over the remaining coriander.