



Ghoulish Chicken Goujons

with Cheesy Wedges, Sriracha Mayo and Rocket

10

Halloween 30-35 Minutes • Medium Spice



Potatoes



Sriracha Sauce



Mayonnaise



Mature Cheddar
Cheese



Chicken Breasts



Breadcrumbs



Central American
Style Spice Mix



Toasted Flaked
Almonds



Wild Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Egg

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, bowl, grater, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Sriracha Sauce	15g	30g	30g
Mayonnaise 8 9	32g	64g	64g
Mature Cheddar Cheese** 7	40g	70g	80g
Chicken Breasts**	2	3	4
Breadcrumbs 13	50g	75g	100g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Toasted Flaked Almonds 2	15g	25g	30g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14	12ml	24ml	24ml
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2936 / 702	573 / 137
Fat (g)	22.3	4.4
Sat. Fat (g)	6.9	1.3
Carbohydrate (g)	72.8	14.2
Sugars (g)	8.2	1.6
Protein (g)	57.0	11.1
Salt (g)	2.97	0.58

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Bake the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Time to Fry

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, lay in the **chicken**. Season with **salt** and **pepper**. Cook until golden brown, 3-4 mins each side. Adjust the heat if necessary. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once cooked, transfer the **chicken** to a plate lined with kitchen paper.



Get Prepped

Meanwhile, in a small bowl, combine the **sriracha sauce** (use less if you'd prefer things milder) and **mayo**. Set aside.

Grate the **Cheddar cheese**.

Slice the **chicken breasts** lengthways into 4-5 thin strips per person. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Cheese Please

When the **wedges** have 5 mins remaining, remove from the oven and sprinkle over the **cheese**.

Return to the oven and bake until melted, 5 mins.



Crumb the Chicken

Crack the **egg** (see pantry for amount) into a bowl and whisk.

In another bowl, combine the **breadcrumbs**, **Central American style spice mix** and **salt for the breadcrumbs** (see pantry for amount).

Season the **chicken**, then dip into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Serve up a Fright

Share the **chicken goujons** between your plates. Add a small dollop of **sriracha mayo** on the end of each, then finish with a **flaked almond 'nail'**.

Serve the **cheesy wedges** and **rocket** alongside. Drizzle the **balsamic glaze** over the **salad** and finish with a sprinkle of the remaining **almonds**.

Serve with a dollop of **sriracha mayo** for dipping.

Enjoy!