



COCONUT-CHILLI CHICKEN

with Sweet Potato and Black Bean Jumble



HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Diced Sweet Potato



Mexican Spice Mix



Coconut and Chilli Chicken Breasts



Cherry Plum Tomatoes



Coriander



Lime



Garlic Clove



Black Turtle Beans



Feta Cheese

MEAL BAG

20 mins

Rapid recipe

3 of your 5 a day

Medium heat

The marinade on the chicken provides a great sweetness to this dish that works perfectly alongside the heat from the Mexican spice mix. All ready in the shake of a mariachi band's maracas.

GET PREPARED!

Preheat your Oven to 220°C.

BEFORE YOU START

🔥 Preheat your **Oven** to **220°C**. 🧼 Wash the veggies. 🍴 Make sure you've got some **Baking Paper**, a **Baking Tray**, **Frying Pan**, some **Kitchen Paper**, a **Fine Grater** and **Sieve**. Let's start cooking the **Brazilian-Style Chicken with Sweet Potato and Black Bean Jumble**.



1 ROAST THE SWEET POTATO

- Pop the **diced sweet potato** on a lined baking tray and drizzle on a splash of oil.
- Season with salt and the **Mexican spice mix**, toss to combine.
- Roast on the top shelf of your oven until soft and golden, 15-18 mins. Turn halfway through cooking.



2 COOK THE CHICKEN

- Heat a splash of **oil** in a frying pan over medium-high heat. When hot, brown the **chicken breasts** for 2-3 mins on each side, then transfer to the **sweet potato** baking tray in the oven.
- Roast the **chicken** until the middle is no longer pink, 12-14 mins. Wipe out the frying pan we will use it again in a moment.



3 PREP THE VEGGIES

- Meanwhile, halve the **cherry tomatoes**.
- Roughly chop the **coriander** (stalks and all).
- Zest then halve the **lime**.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **black turtle beans** in a sieve.



4 HEAT THE BEANS

- When the **chicken** and **sweet potato** have 5 mins left, heat a splash of oil in the frying pan over medium-high heat.
- Add the **cherry tomatoes** and cook for a minute. Add the **garlic**, stir and cook for 2 mins then add the **black turtle beans**.
- Cook for another 2 mins until the **beans** are piping hot and the **tomatoes** have softened. Remove from the heat.



5 FINISH THE BEANS

- Stir the **coriander** and **lime zest** into the **beans**.
- Season to taste with **salt** and **pepper** then squeeze in a little **lime juice**.
- Get ready to serve.



6 SERVE

- Share the **black bean jumble** between your bowls.
- Top with the **roasted sweet potato**.
- Slice the **chicken** and arrange on top.
- Finish by crumbling over the **feta cheese**.

ENJOY!

2 PEOPLE INGREDIENTS

Diced Sweet Potato	300g
Mexican Spice Mix	1½ tsp
Coconut and Chilli Chicken Breasts	2
Cherry Plum Tomatoes, halved	1 small punnet
Coriander, chopped	1 small bunch
Lime	½
Garlic Clove, grated	2
Black Turtle Beans	1 carton
Feta Cheese ⁷⁾	1 block

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 483G	PER 100G
Energy (kcal)	489	101
(kJ)	2046	424
Fat (g)	18	4
Sat. Fat (g)	9	2
Carbohydrate (g)	42	9
Sugars (g)	7	1
Protein (g)	44	9
Salt (g)	2.93	0.61

ALLERGENS

⁷⁾ Milk

Mexican Spice Mix: Cumin, Paprika, Sea Salt, Black Peppercorns, Roasted Garlic, Roasted Red Chillies, Onion Powder, Cayenne, Thyme, Allspice, Oregano.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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