



# BUTTERFLIED CHICKEN

with Couscous, Toasted Sweetcorn Salsa and Soured Cream



## HELLO LIME

Think limes are sharper than lemons?  
You're right! They have one-and-a-half  
times as much acid.



Red Pepper



Cucumber



Lime



Sweetcorn



Chicken Breast



Curry Powder



Chicken Stock Powder



Couscous



Soured Cream

MEAL BAG

10

Hands on: **15** mins  
Total: **35** mins

2 of your  
5 a day

Family Box

Toasting sweetcorn brings out a delicious nuttiness in the kernels. Along with cooling cucumber it makes a great contrast to lightly spiced chicken. Add some red pepper and this is a dish that not only tastes summery but looks the part too.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Fine Grater**, **Sieve**, **Mixing Bowl**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Frying Pan** and some **Foil**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve the **pepper** and remove the core and seeds. Slice into thin strips. Pop on a lined baking tray and set aside. Trim the **cucumber**, quarter lengthways into small pieces. Zest the **lime**, then cut in half. Drain the **sweetcorn** in a sieve, pressing down with the back of a spoon to squeeze out any excess water.



### 2 BUTTERFLY THE CHICKEN

Lay your **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side. Open it up like a book. Repeat for the other breast(s). Pop the **chicken** in a mixing bowl and sprinkle on the **curry powder**. Add a splash of **oil** and season with **salt** and **pepper**. Rub the flavours into the **chicken**. Put the **water** (see ingredients for amount) on to boil in a large saucepan.

**! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



### 4 COOK THE COUSCOUS

Once the pan of water has come to the boil, add the **stock powder** and stir to dissolve. Stir in the **couscous**, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins or until ready to serve. The **couscous** will absorb the **stock** as it cooks and keep warm in its pan!



### 5 LET'S SALSA

Put the frying pan on high heat. When it is hot, add **half** the drained **sweetcorn** (no oil) and cook until browned, 2-3 mins. Avoid stirring too often - this will stop it browning. Transfer to a bowl and repeat with the remaining **corn**. Stir the **cucumber** into the bowl of **corn**, season with **salt** and **pepper**, add the **olive oil** (see ingredients for amount), a pinch of **lime zest** and **half** the **lime juice**.



### 3 ROAST THE CHICKEN

Heat a splash of **oil** in a frying pan on medium-high heat. Brown the **chicken** for 3 mins on each side. Transfer to your baking tray on top of the **pepper**. Roast the **chicken** and **pepper** on the top shelf of your oven for 10-12 mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. When done, remove from the oven, cover with foil and set aside for a few minutes. Wash the frying pan - we'll use it later.



### 6 FINISH AND SERVE

Fluff up the **couscous** with a fork. Add **lime zest** and **lime juice** to taste. Add **salt** and **pepper** as well if you feel it needs it (taste, taste, taste!). Stir through the **roasted pepper**. Share the **couscous** between your bowls. Chop each **chicken breast** into five strips and pop on top of the **couscous**. Finish with the **sweetcorn salsa** and a spoonful of **soured cream**.

ENJOY!

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Pepper	1	1½	2
Cucumber	½	¾	1
Lime	½	¾	1
Sweetcorn	½ tin	¾ tin	1 tin
Chicken Breast	2	3	4
Curry Powder 9)	1 pot	¾ pot	1 pot
Water*	300ml	450ml	600ml
Chicken Stock Powder	½	¾	1
Couscous 13)	150g	225g	300g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Soured Cream 7)	½ pouch	¾ pouch	1 pouch

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 550G	PER 100G
Energy (kcal)	665	121
(kJ)	2782	506
Fat (g)	19	3
Sat. Fat (g)	7	1
Carbohydrate (g)	68	12
Sugars (g)	13	2
Protein (g)	53	10
Salt (g)	1.06	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard 13) Gluten

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

### THUMBS UP OR THUMBS DOWN?

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