



CHICKEN AND POTATO HASH

with Spring Greens and Apple



BALANCED RECIPE



HELLO RED PEPPER

Vitamin C also called ascorbic acid, cannot be made by the body. Therefore the only way to get vitamin C would be through your diet. All fruits and vegetables contain vitamin c, despite common myth, oranges are not the highest source of vitamin C. However Peppers are, Red peppers in particular.



Potato



Red Pepper



Red Onion



Apple



Garlic Clove



Diced Chicken Thigh



Spring Greens



Wholegrain Mustard



Apple and Sage Jelly

MEAL BAG

40 mins

3 of your 5 a day

High Protein

Balanced

Under 600 calories

Low in sat fat

Our chicken and potato hash is an uncomplicated dish brimming with flavour, like delicate garlic, bold wholegrain mustard or sweet and savoury tones of apple and sage jelly. Made with golden roasts, chicken thighs and fresh spring greens, it is hearty and wholesome - everything you need after a busy weekday.

7

BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got **Baking Tray**, **Fine Grater** (or **Garlic Press**), and **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop on a baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat then spread out and roast on the top shelf of your oven until golden and crisp, 25-30 mins. Turn halfway.



2 PREP

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and finely slice the **red onion**. Quarter the **apple**, remove the core then chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). When you turn the **potatoes**, add the sliced **red pepper** to the tray and return to the oven for the remaining 12-15 mins cooking time.



3 FRY THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **diced chicken** along with a pinch of **salt** and **pepper**. **! IMPORTANT:** Remember to wash your hands after handling raw meat. Fry, stirring occasionally, until golden and cooked through, 8-10 min. **! IMPORTANT:** The chicken is cooked when no longer pink in the middle. Transfer the **chicken** to a bowl and set aside.



4 COOK THE ONIONS

Return the now empty frying pan to medium heat with a drizzle of **oil**. Add the **red onion** and **apple** along with a pinch of **salt** and cook, stirring occasionally, until soft and sticky, 8-10 mins. When done, tip into the bowl with the **chicken**.



5 HASH TIME

Wipe out the frying pan and return it to medium heat with a drizzle of **oil**. Add the **spring greens** and a splash of **water** and stir-fry until wilted, 3-4 mins. Stir in the **garlic** for the final minute, then stir in the **wholegrain mustard** and **apple** and **sage jelly**. Tip the **roasted potatoes** and **peppers** into the pan along with the **chicken**, **onions** and **apple**. Mix everything together well and cook until everything is piping hot, 2-3 mins.



6 SERVE

Season to taste with **salt** and **pepper** if needed, then divide the **chicken and potato hash** between your plates. **Dig in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Red Pepper *	1	2	2
Red Onion *	1	2	2
Apple *	1	2	2
Garlic Clove *	1	2	2
Diced Chicken Thigh *	280g	420g	560g
Spring Greens *	1 pack	1 pack	2 packs
Wholegrain Mustard 9) *	½ pot	¾ pot	1 pot
Apple and Sage Jelly	1 pot	1½ pots	2 pots

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 639G	PER 100G
Energy (kJ/kcal)	2374 / 568	371 / 89
Fat (g)	13	2
Sat. Fat (g)	3	1
Carbohydrate (g)	67	11
Sugars (g)	23	4
Protein (g)	47	7
Salt (g)	0.18	0.03

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard

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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