



# CHIPOTLE SPICED CHICKEN

with Mexican Potatoes and Roasted Veggies



## HELLO SOUR CREAM

*Lactic acid is what gives this cream it's sour tang!*



White Potato



Fajita Seasoning



Chicken Breast



Chipotle Ketchup



Red Pepper



Garlic Clove



Red Onion



Coriander



Sour Cream

MEAL BAG

40 mins

1.5 of your 5 a day

Medium heat

You may have heard of a chipotle (pronounced “chi-pot-lay”), maybe you’ve even cooked with one before, but do you know exactly what a chipotle pepper is...? A chipotle pepper is simply a smoked, dried jalapeño. It's distinct smoky flavour works brilliantly as a marinade for the chicken, and we've put out the fire a little by serving it with a good dollop sour cream.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Mixing Bowl**, **Fine Grater** (or **Garlic Press**), **Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



### 1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel!) and pop on a lined baking tray. Sprinkle with the **fajita seasoning**, a pinch of **salt** and drizzle on some **oil**. Mix well to make sure the **potato** gets a good coating of the seasoning, then roast on the top shelf of your oven for 25-30 mins. Shake the tray halfway through cooking for even browning.



### 4 PAN-FRY THE VEGGIES

Heat a frying pan over high heat and add a splash of **oil**. When the **oil** is hot add the **pepper** and **onion** to the pan. Cook on high heat until softened, 5 mins. Add the **garlic** and cook for 1 minute more, then pop the **veggies** in a bowl and keep to the side (we will reheat them later).



### 2 MARINATE THE CHICKEN

In the meantime, put the **chicken** into a mixing bowl and add **half** the **chipotle ketchup**. Mix well to coat the **chicken** in the **ketchup** and keep to one side. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 5 COOK THE CHICKEN

Wipe out your now empty frying pan with some kitchen paper, add a drizzle of **oil** and put back on the heat. Turn the heat to high and once the **oil** is hot, add the **chicken**. Cook for 2-3 mins on each side. It should be nicely caramelised on both sides. Transfer the browned **chicken** to the oven on another baking tray and roast on the middle shelf for 15 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 3 GET PREPPED

Halve, then remove the core from the **pepper** and thinly slice. Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **red onion** into half moons. Roughly chop the **coriander** (stalks and all). In a small bowl, stir the remaining **chipotle ketchup** through the **sour cream**.



### 6 FINISH AND SERVE

When the **chicken** is ready, leave it to rest on a chopping board for a couple of mins. Add the **veggies** to the **potato** tray in the oven and reheat thoroughly. Cut each **chicken breast** into five slices and serve on top of a bed of **veggies** and **roasted Mexican potatoes**. Finish with a dollop of the **chipotle sour cream** and a sprinkling of **coriander**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
White Potato	1 small pack	1 large pack	2 small packs
Fajita Seasoning	1½ tsp	2 tsp	1 tbsp
Chicken Breast	2	3	4
Chipotle Ketchup <sup>10)</sup>	1 sachet	2 sachets	3 sachets
Red Pepper	1	2	2
Garlic Clove	1	1	2
Red Onion	1	1	2
Coriander	1 bunch	1 bunch	1 bunch
Sour Cream <sup>7)</sup>	1 pouch	1½ pouches	2 pouches

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 635G	PER 100G
Energy (kcal)	621	98
(kJ)	2598	409
Fat (g)	21	3
Sat. Fat (g)	11	2
Carbohydrate (g)	64	10
Sugars (g)	15	2
Protein (g)	47	7
Salt (g)	1.23	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

<sup>7)</sup> Milk <sup>10)</sup> Celery

**Chipotle Ketchup:** Tomatoes (121g in 100g of Ketchup), Sugar, Spirit Vinegar, Chipotle Puree (1%), (Chilli Peppers in Adobo Sauce [Chipotle Peppers, Water, Tomato Paste, Onion, Sugar, Salt], Acid: Acetic Acid, Sea Salt), Thickener: Modified Maize Starch, Honey, Sea Salt, Onion Puree, Garlic Powder, Seasoning (Salt, Spice Extracts (Contains **Celery**), Onion Extract).

**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?

Head online or use our app to rate this recipe or get in touch via: [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

**HelloFRESH**