



Chipotle Spiced Chicken

with Mexican Style Potatoes, Roasted Veg and Chipotle Creme Fraiche

Calorie Smart 40-45 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories

24



Potatoes



Mexican Style
Spice Mix



Chicken Breast



Chipotle Paste



Bell Pepper



Garlic Clove



Red Onion



Coriander



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, frying pan, garlic press and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Breast**	2	3	4
Chipotle Paste	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Garlic Clove**	1	1	2
Red Onion**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Crema Fraiche** 7)	75g	150g	150g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	581g	100g
Energy (kJ/kcal)	2253/538	388/93
Fat (g)	16	3
Sat. Fat (g)	8	1
Carbohydrate (g)	54	9
Sugars (g)	10	2
Protein (g)	46	8
Salt (g)	0.66	0.11

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

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.

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **Mexican style spice mix** and toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Get Prepped

While the **chicken** cooks, halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **red onion**. Roughly chop the **coriander** (stalks and all). In a small bowl, mix together the **crema fraiche** and remaining **chipotle**, then set aside.



Marinate the Chicken

Meanwhile, put the **chicken** into a large bowl with a drizzle of **oil** and **half** the **chipotle paste** (careful, it's hot - add less if you don't like heat). Season with **salt** and **pepper**, then mix well until the **chicken** is evenly coated. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Fry the Veg

Once the **chicken** is cooked, cover with foil and allow to rest for a couple of mins. Wipe out the (now empty) frying pan and pop it back on medium-high heat with a drizzle of **oil**. Once hot, add the **pepper** and **onion**. Cook until soft and slightly charred, 6-8 mins. Add the **garlic** and cook for 1 min more. Season with **salt** and **pepper**, then remove the pan from the heat.



Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay in the **chicken** and cook until browned, 4-5 mins on each side. Transfer the **chicken** to another baking tray and roast on the top shelf of your oven until cooked through, 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish and Serve

When the **potatoes** are cooked, add the cooked **veg** to the **potatoes** and stir to combine, then divide between your plates. Cut each **chicken breast** widthways into 5 slices and lay on top of the **veg**. Serve with a dollop of the **chipotle crema fraiche** and finish with a sprinkling of **coriander**.

Enjoy!

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6-15

