

Chipotle Spiced Chicken

with Mexican Style Potatoes, Stir-Fried Veg and Chipotle Mayo



40-45 Minutes • Medium Spice • 1 of your 5 a day











Chicken Fillet



Chipotle Paste









Red Onion





Soured Cream



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, saucepan and aluminium foil.

Ingredients

| 3 | | | | |
|--|----------|----------|-----------|--|
| | 2P | 3P | 4P | |
| Potatoes | 450g | 700g | 900g | |
| Mexican Style Spice Mix | 1 sachet | 1 sachet | 2 sachets | |
| Chicken Fillet** | 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 | |
| Soured Cream** 7) | 75g | 120g | 150g | |
| Chorizo** | 60g | 90g | 120g | |
| *Not Included **Store in the Fridge ***Rased on season | | | | |

*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 |
|--|--|
| 581g | 100g |
| 2066 /494 | 356 /85 |
| 11.1 | 1.9 |
| 5.2 | 0.9 |
| 54.7 | 9.4 |
| 10.4 | 1.8 |
| 46.0 | 7.9 |
| | |
| 0.67 | 0.12 |
| | 0.12 Per 100g |
| 0.67 | |
| 0.67 Per serving | Per 100g |
| 0.67 Per serving 611g | Per 100g 100g |
| 0.67 Per serving 611g 2544/608 | Per 100g 100g 416/100 |
| 0.67 Per serving 611g 2544/608 20.4 | Per 100g 100g 416/100 3.3 |
| 0.67 Per serving 611g 2544/608 20.4 8.5 | Per 100g 100g 416/100 3.3 1.4 |
| 0.67 Per serving 611g 2544/608 20.4 8.5 54.8 | Per 100g 100g 416/100 3.3 1.4 9.0 |
| | 581g 2066 /494 11.1 5.2 54.7 10.4 |

Nutrition for uncooked ingredients based on 2 person recipe.

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.

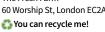
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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop 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 **soured cream** and remaining **chipotle**, then set aside.



Marinade Time

Meanwhile, put the **chicken** into a large bowl with a drizzle of **oil** and **half** the **chipotle paste** (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.



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.

When the **chicken** is browned, transfer 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.



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 from the heat.

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add to the pan after frying the **onion** and **peppers** for 3-4 mins. Then continue to cook for the remaining 3-4 mins before adding the **garlic**.



Finish and Serve

When the **potatoes** are roasted, add the **cooked veg** to the **potato** tray and stir to combine, then share 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 soured cream** and a sprinkling of **coriander**.

Enjoy!