

# Crispy Breaded Peri Peri Chicken

with Cheesy Chips and Garlic Peas

Classic 30-35 Minutes • Mild Spice











Peri Peri Seasoning

Chicken Breast





Panko Breadcrumbs

Grated Hard Italian Style Cheese



**Pantry Items** 

Oil, Salt, Pepper, Egg, Tomato Ketchup

## Before you start

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

# Cooking tools

Baking tray, garlic press, baking paper, saucepan, bowl and

## Ingredients

Ingredients	2P	3P	4P	
Potatoes	450g	700g	900g	
Garlic Clove**	1	1	2	
Chicken Breast**	2	3	4	
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets	
Panko Breadcrumbs <b>13)</b>	25g	35g	50g	
Peas**	120g	180g	240g	
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g	
Pantry	2P	3P	4P	
Egg*	1	2	2	
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp	
*Not Included **Store in the Fridge				

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	2245 /537	437/104
Fat (g)	10.1	2.0
Sat. Fat (g)	3.7	0.7
Carbohydrate (g)	61.5	12.0
Sugars (g)	9.8	1.9
Protein (g)	55.4	10.8
Salt (g)	1.51	0.29

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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.

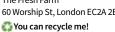
#### Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







# Roast the Chips

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop them onto a large baking tray. Drizzle with oil, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



# **Get Prepping**

Peel and grate the **garlic** (or use a garlic press). Sandwich each chicken breast between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with the bottom of a saucepan until it's 2-3cm thick.

Season with salt and the peri peri seasoning. Press the seasoning into the chicken until evenly coated. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



#### Bread the Chicken

Crack the egg (see pantry for amount) into a medium bowl and whisk. Season with salt and **pepper**.

Put the **panko breadcrumbs** into another bowl. Season with salt and pepper and mix well.

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to clean plate. IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



# Time to Fru

Pop a large frying pan on high heat and add enough oil to completely coat the bottom of the pan. TIP: You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden-brown and cooked through, 14-16 mins total. Turn every 2-3 mins and adjust the heat if necessary.

Once cooked, transfer to a clean plate lined with kitchen paper. IMPORTANT: The chicken is cooked when no longer pink in the middle.



## **Peas Please**

Meanwhile, heat a drizzle of oil in a small frying pan on medium-high heat.

Once hot, add the peas and stir-fry for 2-3 mins. Add the garlic and fry until fragrant, 1 min, then remove from the heat. Season with salt and pepper.



## Finish and Serve

When the **chips** have a few mins left, sprinkle them with the **cheese** and return to the oven until melted, 2-3 mins.

Serve the **crispy chicken** on plates with the **cheesy** chips and peas alongside.

Add a dollop of **ketchup** (see pantry for amount) for dipping, if you like.

# Enjoy!