



CRISPY SKIN CHICKEN

ON A BED OF SPAGHETTI POMODORO WITH A BLACK GARLIC, CHORIZO & PARSLEY SALSA

SPECIALITY INGREDIENT



HELLO BLACK GARLIC

Try these little cloves as a sweet treat!



Red Pepper



Flat Leaf Parsley



Parmesan Cheese



Black Garlic Clove



Chicken Breast (skin-on)



Spaghetti



Chorizo



Finely chopped Tomatoes with Garlic & Onion



Punchy Balsamic Mustard



Rocket

We love introducing our customers to new and exciting ingredients and today we're very excited to present black garlic. It's made by heating whole bulbs very, very gently over a period of several weeks! This caramelises the garlic's natural sugars and gives it a deep, mellow flavour. We're combining it with piquant chorizo and fragrant parsley in a salsa which is the ideal match for a perfectly roasted chicken breast.

45 mins

3.5 of your 5 a day

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Baking Paper**, a **Baking Tray**, **Coarse Grater**, **Frying Pan**, **Colander** and **Large Bowl**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Put a large **saucepan** of **water** with a pinch of **salt** on to boil for the pasta. Halve, then remove the core from the **red pepper** and cut into 1cm wide slices. Pop on a lined baking tray, drizzle over a little **oil** and season with **salt**. Pick the **parsley leaves** from their stalks and roughly chop (discard the stalks). Grate the **parmesan**. Roughly chop the **black garlic**. Season the **chicken** with **salt** and **pepper**.



2 ROAST THE CHICKEN

Heat a splash of **oil** in a frying pan on medium-high heat. Lay in the **chicken**, skin-side down, and cook until the skin is crispy, 4-5 mins. Turn, brown the flesh side for 1 minute, then transfer to the baking tray with the **pepper** skin-side up. (Keep the pan, we will use it later.) Place on the top shelf of your oven. Roast the **pepper** and **chicken** for 15 mins. **TIP: The chicken is cooked when it is no longer pink in the middle.**



3 COOK THE PASTA

Once the chicken is in the oven, add the **spaghetti** to your pan of boiling **water**. Cook until 'al dente', 11 mins. **TIP: 'Al dente' means the pasta is cooked through but has a tiny bit of firmness left in the middle.** Drain in a colander and return to the pan off the heat. Drizzle over a little **oil** to stop it sticking.



4 MAKE THE SALSA

Meanwhile, add the **chorizo** to the now empty frying pan on medium-high heat. Fry until crisp, 3-4 mins. Put **half** the **chorizo** and all its **oil** in a bowl (leave the rest in the pan). Add the **black garlic** to the bowl and break it up slightly with a fork. Stir in **half** the **parsley**. It should be a drizzling consistency - add **oil** if needed. Next, put your **chorizo** pan back on medium heat and add the **finely chopped tomatoes**. Simmer, 5-6 mins.



5 PREP THE SALAD

While the **tomato sauce** simmers, mix the **olive oil** (see ingredients for amounts) with the **balsamic mustard** in a large bowl. When the **pepper** is cooked, transfer it to the bowl. Just before serving, add the **rocket** and toss together. When the **chicken** is cooked, leave it to rest on a chopping board for couple of mins while you plate up.



6 FINISH AND SERVE

Stir the remaining **parsley** into the **tomato sauce**, then combine with the **pasta**. Share between your plates and sprinkle over the **parmesan**. Slice each **chicken breast** into six pieces and arrange on top of the **pasta**. Spoon the **salsa** over the **chicken** and serve with the **rocket and red pepper salad** alongside. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Pepper, sliced	1
Flat Leaf Parsley, chopped	1 small bunch
Parmesan Cheese, grated 7)	20g
Black Garlic Clove, chopped	5
Chicken Breast (skin-on)	2
Spaghetti 13)	200g
Chorizo	1 pack
Finely chopped Tomatoes with Garlic & Onion	1 carton
Olive Oil*	2 tbsp
Punchy Balsamic Mustard 9) 14)	1 tbsp
Rocket	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 643G	PER 100G
Energy (kcal)	1048	163
(kJ)	4403	684
Fat (g)	44	7
Sat. Fat (g)	12	2
Carbohydrate (g)	96	15
Sugars (g)	22	3
Protein (g)	64	10
Salt (g)	4.13	0.64

ALLERGENS

7) Milk 9) Mustard 13) Gluten 14) Sulphites

Punchy Balsamic Vinegar: Balsamic Vinegar (60%) (Contains **Sulphites**), **Mustard Seed** (30%), Water, Sea Salt, Raw Cane Sugar, Black Peppercorns, Allspice, Chillies.

PAIR THIS MEAL WITH

A grenache-based Spanish red such as a Rioja.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

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