



CRISPY SKIN CHICKEN

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

SPECIALITY INGREDIENT



HELLO BLACK GARLIC

In Taoist mythology, black garlic was said to grant immortality!



Red Pepper



Basil



Parmesan Cheese



Black Garlic Clove



Chicken Breast



Chorizo



Spaghetti



Finely chopped Tomatoes with Onion and Garlic



Punchy Balsamic Mustard



Olive Oil



Rocket

45 mins

3.5 of your 5 a day

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 a deep, mellow flavour. We're combining it with piquant chorizo and fragrant basil in a salsa which is the ideal match for a perfectly roasted chicken breast. Enjoy!

BEFORE YOU START

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



1 PREP THE VEGGIES

Preheat your oven to 200°C and boil a large saucepan of water. Halve, then remove the core from the **red pepper** and slice into 1cm wide strips. Pop on a lined baking tray, drizzle over a little **oil** and season with **salt**. Pick the **basil leaves** from their stalks and roughly chop (discard the stalks). Grate the **parmesan cheese**. Peel and grate the **black garlic** (or use a garlic press). Season the **chicken breasts** with **salt** and **black pepper**.



2 COOK 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). 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 MAKE THE SALSA

Add the **chorizo** to the now empty frying pan (still on medium-high heat) and fry until crispy, 3-4 mins. Transfer half the **chorizo** and all the lovely red oil to a small bowl (leave the other half in the pan). Add the **black garlic** and mash together lightly with a fork. Add half the **basil** and stir to combine. It should be a drizzling consistency. Loosen with a little **olive oil** if necessary, then set aside.



4 START THE POMODORO

Meanwhile, add the **spaghetti** to your pan of boiling water. Cook until 'al dente', 11 mins. ★ **TIP:** *'Al dente' simply 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. Meanwhile, put your **chorizo** pan back on medium-high heat and add the **chopped tomatoes**. Lower the heat and simmer for 5-6 mins.



5 MAKE THE SALAD

Put the **olive oil** (amount specified in the ingredient list) in a large bowl and add the **balsamic mustard**. When the **pepper** is ready, transfer to your bowl. Just before serving, add the **rocket** and toss together. When the **chicken** is cooked, leave it to rest on a chopping board for a minute while you plate up.



6 FINISH AND SERVE

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

2 PEOPLE INGREDIENTS

Red Pepper, sliced	1
Basil, chopped	1 bunch
Parmesan Cheese, grated 7)	20g
Black Garlic Clove, grated	5
Chicken Breast	2
Chorizo	60g
Spaghetti 1)	200g
Finely chopped Tomatoes with Onion and Garlic	1 carton
Punchy Balsamic Mustard 10)	1 tbsp
Olive Oil*	2 tbsps
Rocket	1 bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1040	163
(kJ)	4370	684
Fat (g)	43	7
Sat. Fat (g)	12	2
Carbohydrate (g)	96	15
Sugars (g)	22	3
Protein (g)	63	10
Salt (g)	4.13	0.65

ALLERGENS

1)Gluten 7)Milk 10)Mustard

Punchy Balsamic Mustard Ingredients: Balsamic Vinegar (60%), 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



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