

Pan-Fried Chicken

with Spring Onion Mash, Roasted Bok Choy and Plum Hoisin Sauce

Calorie Smart 35 Minutes • Under 600 Calories • 1 of your 5 a day







Potatoes





Chicken Breast







Bok Choy

Spring Onion



Chicken Stock Powder



Hoisin Sauce

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Frying Pan, Baking Tray, Measuring Jug, Aluminium Foil, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chicken Breast**	2	3	4
Bok Choy**	2	3	4
Plum**	1	2	2
Spring Onion**	1	2	2
Water for the Sauce*	75ml	100ml	150ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Hoisin Sauce 3) 11)	1 sachet	1½ sachets	2 sachets
*Notice to deal **Change the Friday			

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	1989 /476	340/81
Fat (g)	8	1
Sat. Fat (g)	2	0
Carbohydrate (g)	56	10
Sugars (g)	14	2
Protein (g)	46	8
Salt (g)	1.82	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

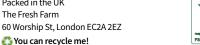
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Boil the Potatoes and Garlic

Preheat your oven to 200°C, bring a large saucepan of water to the boil with 0.25 tsp of salt. Chop the **potatoes** into 2cm chunks (no need to peel). Peel the garlic clove(s). Add the potatoes and the garlic to the boiling water and simmer until tender, 15-20 mins. Once cooked, drain in a colander and pop back in your pan.



Cook the Chicken

Next, pop a frying pan on medium-high heat (no oil). Season the chicken with salt and pepper. Once hot, lay the **chicken** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn and cook for 1 minute on the flesh side to seal the meat. IMPORTANT: Wash your hands after handling raw meat. Transfer to a large baking tray skin-side up and roast on the top shelf of your oven until cooked, 15-20 mins.



Prep the Rest

Trim the root of the **bok choy** and separate the leaves. Halve the **plums**, remove the stone and slice the flesh of each plum into 12 thin wedges. Trim the **spring onion** and thinly slice. When the chicken has had 5 minutes in the oven, add the bok choy to the baking tray, around the chicken **breasts** (not covering), drizzle a little **oil** over the top, season with salt and pepper and return to the oven for the remaining cooking time, 10-15 mins.



Make the Sauce

Pop your frying pan back on medium-high heat (no need to wash). Add a drizzle of oil if the pan is dry, then add the **plums** to the pan and fry, turning them every minute until softened, 2-3 mins. Pour in the water and add the sugar (see ingredients for both amounts), chicken stock powder and hoisin sauce. Bring to the boil, then reduce the heat slighly and gently simmer until thickened, 3-5 mins. TIP: Add a splash of water if it thickens too much. Once cooked, set aside.



Finish Off

Once the the **chicken** and **bok choy** are cooked, remove from your oven, cover the tray with some foil and leave to rest for 5-6 mins. **IMPORTANT**: The chicken is cooked when it is no longer pink in the middle.



Finish and Serve

Once the **potatoes** are cooked and back in their pan, add the **spring onion** along with a knob of **butter** and splash of **milk** (if you have some). Season with salt and pepper and then mash. Cover with a lid to keep warm. Reheat the plum sauce with a splash of water if you need to. Pile the mash onto plates, top with the **chicken breast** and share the bok choy alongside. Spoon the hoisin plum sauce over the chicken.

Enjou!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.