



Pan-Fried Chicken

with Dukkah Roasted Sweet Potato and Citrus Sour Cream



HELLO SWEET POTATO

The sweet potato is thought to be over 5,000 years old!



Sweet Potato



Dukkah Spice Mix



Chicken Breast



Lime



Sugar Snap Peas



Sour Cream

35 mins

1.5 of your 5 a day

Little Heat

Have you come across dukkah before? It's a traditional Egyptian-style mixture of roasted nuts, sesame seeds, thyme and spices. It's fabulous mixed with olive oil as a dip for bread or as a seasoning, sprinkled over salads, meat or vegetables. Here it goes beautifully with sweet potato, turning them into the perfect accompaniment for pan-fried chicken.

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**, some **Baking Paper**, some **Clingfilm**, a **Frying Pan**, **Fine Grater** and **Colander**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 220°C and put a large saucepan of water on to boil. Chop the **sweet potato** into roughly 2cm cubes (no need to peel!). Place on a lined baking tray and drizzle over some **oil**. Sprinkle on the **dukkah spice mix** and season with **salt** and **black pepper**. Toss to coat. Roast on the top shelf of your oven until soft in the middle and crispy at the edges, 20-25 mins. ★ **TIP:** Turn halfway through to get an even crispiness.



2 PREP THE CHICKEN

Place your hand flat on top of one of the **chicken breasts** and slice into it from the side so it opens like a book. You've now butterflied your chicken! Repeat for all breasts. Lay the **chicken** between two sheets of clingfilm. Whack the **chicken** with a frying pan until it is 1cm thick.



3 FRY THE CHICKEN

Take the frying pan you used to flatten the **chicken**, add a drizzle of **oil** and put it on medium heat. Season the **chicken** with **salt** and **black pepper**. Grate over some **lime zest** and rub it in. Remember to wash your hands afterwards! Once your pan is hot, lay in the **chicken** and cook until beginning to brown, 5 mins on each side. When done, remove to a plate. ★ **TIP:** The chicken is cooked when it is no longer pink in the middle.



4 COOK THE SUGAR SNAPS

Whilst the **chicken** is cooking, pop the **sugar snap peas** in your pan of boiling water. Cook for just under 3 mins. They should be tender but retain a little bit of crunch. Drain in a colander and set aside.



5 MIX THE SOUR CREAM

Put the **sour cream** in a small bowl and mix in a dash of **lime juice**. Season with **salt** and **black pepper**. Taste and add more **lime juice** or **seasoning** to your liking.



6 SERVE

Serve the **chicken** on top of your **dukkah roasted sweet potato** with some **sugar snap peas** on the side. Finish with a dollop of **citrus sour cream**. **Enjoy!**

2 PEOPLE INGREDIENTS

Sweet Potato, chopped	1
Dukkah Spice Mix (5) (8) (9) (11)	1 tbsp
Chicken Breast, butterflied	2
Lime	½
Sugar Snap Peas	1 pack
Sour Cream (7)	½ pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	666	104
(kJ)	2816	439
Fat (g)	17	3
Sat. Fat (g)	7	1
Carbohydrate (g)	85	13
Sugars (g)	23	4
Protein (g)	50	8
Salt (g)	0.60	0.09

ALLERGENS

5)Peanuts 7)Milk 8)Nuts 9)Celery 11)Sesame

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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