



# PAPRIKA CHICKEN DIPPERS

with Cheesy Wedges and Zingy Salad



## HELLO PAPRIKA

*Paprika has been used as a natural hair dye!*



Potato



Cheddar Cheese



Dried Thyme



Cucumber



Lime



Honey



Chicken Breast



Plain Flour



Mild Paprika



Rocket



Ketchup

MEAL BAG



Hands on: **15** mins  
Total: **40** mins



Family Box



**1** of your  
**5** a day



Little heat

Everyone loves crispy chicken but breading and deep frying are a bit of a faff. This version uses a flour coating and a frying pan, to get a result that's just as tasty with a fraction of the fuss. It's healthier too! The secret is to let the pan get really hot before you cook the chicken.

18



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater**, **Baking Paper**, two **Baking Trays**, a **Fine Grater**, **Clingfilm**, **Large Frying Pan**, **Mixing Bowl**, some **Kitchen Paper** and some **Foil**. Now, let's get cooking!



### 1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into 2cm wide wedges (no need to peel). Grate the **cheddar cheese**. Pop the **wedges** on a lined baking tray. Drizzle over some **oil**, a pinch of **salt** and **half** the **dried thyme**. Roast on the top shelf of your oven, until crisp and golden, 30-35 mins. After 25-30 mins, turn the wedges and sprinkle over the **cheese**. Roast for the remaining 5 mins.



### 4 COAT THE CHICKEN

Put a glug of **oil** in a large frying pan on medium-high heat. Let it get really hot. In the meantime, put the **flour** in a mixing bowl with the **lime zest**, **paprika** and remaining **dried thyme**. Season with a really good pinch of **salt** and **pepper**. Mix together then add the **chicken strips**. Toss with your hands to ensure the **chicken** is well coated in the seasoned **flour**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 2 PREP THE SALAD

Trim the ends from the **cucumber**, quarter lengthways then chop widthways into small pieces. Zest and halve the **lime**. Keep the **zest** to one side, then squeeze the **lime juice** into a large bowl. Stir in the **honey** and **olive oil** (see ingredients for amount) and set aside. This is the **salad dressing!** **TIP:** Don't dress the salad until just before serving or it will wilt.



### 5 COOK THE CHICKEN

Once the **oil** is hot, add **half** the **chicken** to the pan. Cook until golden all over, 3-4 mins on each side. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Transfer to a baking tray lined with kitchen paper and cover loosely with foil to keep warm. Repeat with the remaining **chicken**. Once cooked, sprinkle over some **salt**. **TIP:** Cooking the chicken in batches prevents overcrowding and makes for tastier, golden chicken!



### 3 BASH THE CHICKEN

Meanwhile, lay one of the **chicken breasts** between two sheets of clingfilm and bash with either a rolling pin or frying pan until 2cm thick. Repeat for all **breasts**. Cut each of the flattened breasts into six or seven long strips.



### 6 FINISH AND SERVE

Warm the **chicken dippers** through in your oven for a few mins if necessary. Add the **cucumber** and **rocket** to the bowl of **dressing** and toss to combine. Serve the **chicken dippers** with a dollop of **ketchup**, some **cheesy wedges** and some **zesty salad**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Cheddar Cheese 7) *	1 small block	1½ small blocks	2 small blocks
Dried Thyme *	½ pot	¾ pot	1 pot
Cucumber *	½	¾	1
Lime *	½	¾	1
Honey	½ sachet	¾ sachet	1 sachet
Olive Oil*	1½ tbsp	2 tbsp	3 tbsp
Chicken Breast *	2	3	4
Plain Flour 13)	24g	24g	48g
Mild Paprika	¾ small pot	1 small pot	1 small pot
Rocket *	½ bag	¾ bag	1 bag
Ketchup 10)	1 sachet	1½ sachets	2 sachets

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 558G	PER 100G
Energy (kcal)	585	105
(kJ)	2446	438
Fat (g)	16	3
Sat. Fat (g)	5	1
Carbohydrate (g)	64	11
Sugars (g)	11	2
Protein (g)	49	9
Salt (g)	0.89	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 10) Celery 13) Gluten

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

### THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

#HelloFreshSnaps

**HelloFresh UK**  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

**YOU CAN RECYCLE ME!**

**HelloFRESH**

