



Paprika Chicken & Sweet Potato Salad

With Chipotle Sweetcorn & Lime Dressing

CLASSIC 25 Minutes

Nº 21



Sweet Potato



Red Pepper



Red Onion



Sweetcorn



Baby Gem Lettuce



Chipotle Paste



Smoked Paprika



Chicken Thigh Diced



Honey



Lime



Mayonnaise



BBQ Sauce



Halloumi



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Sieve, Mixing Bowl, Baking Tray, Frying Pan and Fine Grater.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Red Pepper**	1	2	2
Red Onion**	1	1	2
Sweetcorn	1 small tin	1 small tin	1 large tin
Baby Gem Lettuce**	1	2	2
Chipotle Paste	1 sachet	1 sachet	2 sachet
Smoked Paprika	1 small pot	1 large pot	1 large pot
Chicken Thigh Diced**	280g	420g	560g
Honey	1 sachet	2 sachets	2 sachets
Lime**	½	1	1
Mayonnaise 8 9	1 sachet	2 sachets	2 sachets
BBQ Sauce 13	1 sachet	2 sachets	2 sachets
Halloumi 7 **	1 block	1½ blocks	2 blocks

*Not Included ** Store in the Fridge

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	2579 /617	433 /104
Fat (g)	26	4
Sat. Fat (g)	5	1
Carbohydrate (g)	64	11
Sugars (g)	32	5
Protein (g)	34	6
Salt (g)	1.17	0.20
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	721g	100g
Energy (kJ/kcal)	4253 /1017	590 /141
Fat (g)	56	8
Sat. Fat (g)	23	3
Carbohydrate (g)	67	9
Sugars (g)	36	5
Protein (g)	63	9
Salt (g)	4.42	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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The Fresh Farm
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1. Prep

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel!). Halve the **pepper** and discard the core and seeds. Slice into 1cm wide strips. Halve, peel and slice the **onion** in 1cm slices. Drain and rinse the **sweetcorn** in a sieve. Trim the root from the **baby gem lettuce** then halve lengthways and separate the leaves then cut each leaf in half lengthways.



4. Make Your Dressing

Meanwhile, zest and halve your **lime**. In a small bowl combine the **lime zest**, **half** the **juice** and the **mayonnaise**. Mix well and season to taste with **salt** and **pepper**. **TIP:** *The dressing needs to be a pourable consistency, add a little water if it's too thick.*



2. Roast Your Veggies

Combine the **sweet potato**, **red pepper** and **red onion** into a mixing bowl. Season with **salt** and **pepper** and half of the **chipotle paste** and **half** of the **smoked paprika**. Drizzle with **oil** and mix well to combine. Put the **veggies** in a single layer on a baking tray and roast on the top shelf of your oven until golden and tender, 25-30 mins. **TIP:** *Use 2 trays if needed.*



5. Finishing Touches

When the **chicken** is glazed, add the drained **sweetcorn**, the **BBQ sauce** and the remaining **chipotle**. Cook stirring frequently until piping hot, 1-2 mins.



CUSTOM RECIPE

If you've added **halloumi** to your meal, while the chicken cooks, slice the **halloumi** into 3 slices per person. Pop another frying pan on high heat. Add a drizzle of **oil** and lay in the **halloumi** slices. Fry until golden brown 2-3 mins each side. Remove the pan from the heat.



3. Cook Your Chook

Heat a splash of **oil** in a large frying pan over a medium high heat. When hot, add the **chicken** and cook until golden brown all over, 7-10 mins. Once the **chicken** is golden, add the remaining **smoked paprika** and **honey**, cook until the **chicken** is coated and shiny, 2-3 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle. Wash your hands and equipment after handling raw meat.*



6. Time to Serve

Divide the **sweet potato** mix and **baby gem** between bowls, top with the **chicken** and **sweetcorn mix**. Drizzle over the **lime dressing**.

Enjoy!



CUSTOM RECIPE

If you've got **halloumi** - lay the cooked **halloumi** slices on top of the **chicken** and **sweetcorn mix** before drizzling over the **lime dressing**.