



Peri Peri Chicken and Chips

with Lemon Dressed Salad

24

Calorie Smart 35-40 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Garlic Clove



Lemon



Baby Plum Tomatoes



Baby Gem Lettuce



Peri Peri Seasoning



Chicken Breast

Pantry Items
Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, aluminium foil, fine grater, bowl, baking paper, saucepan and frying pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	1	2
Lemon**	½	½	1
Baby Plum Tomatoes	190g	250g	250g
Baby Gem Lettuce**	1	2	2
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Chicken Breast**	2	3	4
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	571g	100g
Energy (kJ/kcal)	1996 /477	350 /84
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	47	8
Sugars (g)	8	1
Protein (g)	45	8
Salt (g)	0.52	0.09

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. Peel the **garlic** and pop into a small piece of foil with a drizzle of **oil**, then scrunch to enclose it. Add to the **chip** tray.



Season the Chicken

Sprinkle the **peri peri seasoning** and **lemon zest** over a large plate, then season with **salt** and **pepper**. Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. Lay each **chicken breast** into the **seasoning mix** and turn to coat all over. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Get Roasting

When the oven is hot, roast the **chips** and **garlic** on the top shelf until golden, 25-30 mins. Halfway through cooking, remove the **garlic** from the tray and turn the **chips**.



Time to Fry

When the **chips** are halfway through cooking and the **garlic** is out of the oven, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay in the **chicken**. Cook until golden brown and cooked through, 5-6 mins on each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Once cooked, transfer the **chicken** to a board, cover with foil and rest for a couple of mins.



Salad Time

Meanwhile, zest and halve the **lemon**. Add a squeeze of **lemon juice** to a medium bowl and add a drizzle of **oil**. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Halve the **tomatoes**, then add them to the **dressing** and mix to combine. Taste and add more **lemon juice** if needed. Set aside. Trim the **baby gem**, halve lengthways, then thinly slice widthways. Set aside for now.



Finish and Serve

While the **chicken** cooks, remove the **roasted garlic** from the foil and mash with a fork. Pop into a small bowl with the **mayo** (see ingredients for amount) and season with **salt** and **pepper**. Mix together. Once everything is ready, add the **baby gem** to the **tomato** bowl and toss to coat. Slice each **chicken breast** widthways into 5 slices, then serve on your plates with the **chips** and **salad** alongside. Add a dollop of **garlic mayo** for dipping and cut any remaining **lemon** into **wedges** for squeezing over.

Enjoy!

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