



# Peri Peri Chicken Breast Traybake

with Herby Potatoes and Pea Shoot Salad

Classic 35 Minutes • Little Spice

10



Garlic Clove



Potatoes



Dried Oregano



Peri Peri Seasoning



Honey



Chicken Breast



Apple Cider Vinegar



Baby Plum Tomatoes



Pea Shoots



Mayonnaise

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Plate.

## Ingredients

	2P	3P	4P
Garlic Clove	1	2	2
Potatoes**	450g	700g	900g
Dried Oregano	1 sachet	1 sachet	2 sachets
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets
Honey	1 sachet	2 sachets	2 sachets
Chicken Breast**	2	3	4
Apple Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Baby Plum Tomatoes	125g	190g	250g
Pea Shoots**	40g	60g	80g
Mayonnaise <b>8</b> <b>9</b> **	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>509g</b>	<b>100g</b>
Energy (kJ/kcal)	1964 /469	386 /92
Fat (g)	11	2
Sat. Fat (g)	2	1
Carbohydrate (g)	51	10
Sugars (g)	10	2
Protein (g)	45	9
Salt (g)	0.65	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

8) Egg 9) Mustard 14) Sulphites

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.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe


You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Prep the Veg

Preheat your oven to 200°C. Peel and grate the **garlic** (or use a garlic press). Chop the **potatoes** into roughly 2cm chunks (no need to peel) and pop onto a large, low-sided, wide baking tray. Drizzle with **oil**, then season with **salt**, **pepper** and the **oregano**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary, you want the potato chunks nicely spread out.



## Make the Dressing

In another large bowl, add the **cider vinegar**, **olive oil** (see ingredients for amount) and remaining **honey**. Season with **salt** and **pepper**, mix well then set aside. This is your **salad dressing**.



## Prep the Chicken

Put the **peri peri seasoning**, **garlic** and **half** of the **honey** into a large bowl. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Drizzle in some **oil**, season with **salt** and **pepper** and mix to combine into a **paste**. Add the **chicken** and turn to coat in the **paste**, then pop onto another baking tray. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



## Finish

While everything cooks, chill out! Just before serving, add the **tomatoes** and **pea shoots** to the dressing bowl and toss well to coat. **TIP:** Keep a portion of salad aside before dressing, in case anyone prefers it plain.



## Roast

When the oven is hot, roast the **potato chunks** on the top shelf and the **chicken** on the middle shelf until golden and cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Serve

When everything is ready, divide the **potato chunks** between your plates. Serve the **chicken** and **pea shoot salad** alongside, with a dollop of **mayo** for dipping.

## Enjoy!

**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.