



# PERI PERI CHICKEN DIPPERS

with Cheesy Wedges and Zingy Salad



## HELLO PERI PERI

A Portuguese name to describe the African Birds Eye Chilli



Potato



Cheddar Cheese



Cucumber



Lime



Honey



Chicken Breast



Plain Flour



Peri Peri Seasoning



Rocket



Ketchup

MEAL BAG

Hands on: 15 mins  
Total: 40 mins

Family Box

1.5 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.

# 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**. Roast on the top shelf of your oven, until crisp and golden, 30-35 mins. Five mins before the end of cooking, sprinkle over the **cheese** and roast for the remaining time.



## 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**, **peri peri seasoning**. 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, about 1/2cm. 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

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) *	2 blocks	3 blocks	4 blocks
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)	8g	24g	24g
Peri Peri Seasoning	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 564G	PER 100G
Energy (KJ/ kcal)	2628 / 628	466 / 111
Fat (g)	21	4
Sat. Fat (g)	9	2
Carbohydrate (g)	59	10
Sugars (g)	11	2
Protein (g)	52	9
Salt (g)	1.35	0.24

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?

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