



Roasted Chicken and Chilli & Chive Sauce with Spinach and Potatoes

12

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Skin-On Chicken Breast



Potatoes



Baby Spinach



Red Chilli



Chives



Garlic Clove



Chicken Stock Paste



Creme Fraiche

Pantry Items
Butter

Before you start

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

Cooking tools

Kettle, frying pan, baking tray, saucepan, lid, colander and garlic press.

Ingredients

| | 2P | 3P | 4P |
|--------------------------|---------|---------|---------|
| Skin-On Chicken Breast** | 2 | 3 | 4 |
| Potatoes** | 450g | 700g | 900g |
| Baby Spinach** | 100g | 100g | 200g |
| Red Chilli** | ½ | ¾ | 1 |
| Chives** | 1 bunch | 1 bunch | 1 bunch |
| Garlic Clove** | 1 | 2 | 2 |
| Water for the Sauce* | 75ml | 100ml | 150ml |
| Chicken Stock Paste | 5g | 8g | 10g |
| Crema Fraiche** 7) | 75g | 120g | 150g |
| Butter* | 15g | 20g | 30g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 544g | 100g |
| Energy (kJ/kcal) | 2414 /577 | 444 /106 |
| Fat (g) | 26 | 5 |
| Sat. Fat (g) | 13 | 2 |
| Carbohydrate (g) | 42 | 8 |
| Sugars (g) | 4 | 1 |
| Protein (g) | 46 | 8 |
| Salt (g) | 0.87 | 0.16 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Chicken

- Preheat your oven to 220°C. Boil a full kettle.
- Heat a drizzle of **oil** in a frying pan on high heat and season the **chicken** with **salt** and **pepper**. Lay the **chicken** in the pan, skin-side down. Fry until golden, 3-4 mins, then turn and cook for another min on the other side. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*
- Put the **chicken** on a baking tray, skin-side up. Roast on the top shelf of your oven until cooked, 12-15 mins. Set the pan aside. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Make the Sauce

- When hot, add the **chilli** (add less if you don't like too much heat) and **garlic** to the pan and stir-fry for 1 min.
- Add the **water for the sauce** (see ingredients for amount) and **chicken stock paste**. Bring to the boil and simmer until slightly reduced, 2 mins.
- Stir the **crema fraiche** into the **sauce** along with **three quarters** of the **chives**. Season to taste with **pepper**, then remove from the heat.



Potato Time

- Meanwhile, fill a large saucepan with the **boiling water** from your kettle and return to the boil with ½ **tsp salt**.
- Chop the **potatoes** into 2cm chunks (no need to peel) and add to the pan. Cook until you can easily slip a knife through them, 12-15 mins, adding the **spinach** for the final min of cooking time.
- Drain in a colander and return to the pan with the lid on, off the heat.



Finish Up

- When the **chicken** is almost cooked, gently reheat the **sauce**. **TIP:** *Add a splash of hot water if it needs loosening.*
- Season the **cooked spinach** and **potatoes** with **salt** and **pepper**. Add the **butter** (see ingredients for amount) and stir to combine.



Get Prepped

- While the **potatoes** cook, halve, deseed and finely chop the **chilli**.
- Finely chop the **chives** (use scissors if easier). Peel and grate the **garlic** (or use a garlic press).
- Return the (now empty) frying pan to medium heat (no need to wash it). Add a drizzle of **oil** if the pan is dry.



Serve

- Divide the **spinach** and **potatoes** between your plates.
- Slice each **chicken breast** widthways into 5 pieces and serve alongside. Spoon the **chilli** and **chive sauce** all over.
- Finish with a sprinkling of the remaining **chives**.

Enjoy!