



# Roasted Chicken Breast and Plum Hoisin Sauce with Spring Onion Mash & Roasted Bok Choy

24

Calorie Smart 35 Minutes • 1 of your 5 a day • Under 600 calories



Potato



Garlic Clove



Chicken Breast  
(Skin-On)



Bok Choy



Plum



Spring Onion



Chicken Stock Paste



Hoisin Sauce

## Before you start

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

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Colander, Frying Pan and Baking Tray.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Garlic Clove	2	3	4
Chicken Breast (Skin-On)**	2	3	4
Bok Choy**	2	3	4
Plum**	2	3	4
Spring Onion**	1	2	2
Water*	75ml	100ml	150ml
Sugar*	1 tsp	1½ tsp	2 tsp
Chicken Stock Paste	10g	15g	20g
Hoisin Sauce <b>11)</b>	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>617g</b>	<b>100g</b>
Energy (kJ/kcal)	1979 /473	321 /77
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	57	9
Sugars (g)	17	3
Protein (g)	46	7
Salt (g)	1.98	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

11) Soya

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!



## Boil the Potatoes and Garlic

Preheat your oven to 200°C, bring a large saucepan of **water** to the boil with ¼ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). Peel the **garlic** cloves. Add the **potatoes** and the **garlic** clove to the boiling **water** and simmer until tender, 15-20 mins. Once cooked, drain in a colander and pop back into your pan.



## Make the Sauce

Pop your frying pan back on medium-high heat (no need to wash). Add a drizzle of **oil** if the pan is dry, then add the **plums** to the pan and fry, turning them every minute until softened, 2-3 mins. Pour in the **water** and add the **sugar** (see ingredients for both amounts), **chicken stock paste** and **hoisin sauce**. Bring to the boil, then reduce the heat slightly and gently simmer until thickened, 3-5 mins. **TIP:** Add a splash of water if it thickens too much. Once cooked, set aside.



## Cook the Chicken

Next, pop a frying pan on medium-high heat (no oil). Season the **chicken** with **salt** and **pepper**. Once hot, lay the **chicken** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn, cook for 1 minute on the flesh side to seal the **meat**. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Transfer to a large baking tray skin-side up and roast on the top shelf of your oven until cooked, 15-20 mins.



## Finish Off

Once the **chicken** and **bok choy** is cooked, remove from your oven, cover the tray with some foil and leave to rest for 5-6 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## Prep the Rest

Trim the root of the **bok choy** and separate the leaves. Halve the **plums**, remove the stone and slice the flesh of each plum into 12 thin **wedges**. Trim and thinly slice the **spring onion**. When the **chicken** has had 10 mins in the oven, add the **bok choy** to the baking tray around the **chicken breasts** (not covering), drizzle a little **oil** over the top, season and return to the oven for the remaining cooking time, 5-10 mins.



## Finish and Serve

Once the **potatoes** are cooked and back in their pan, add the **spring onion** along with a knob of **butter** and splash of **milk** (if you have any). Season with **salt** and **pepper** and then mash. Cover with a lid to keep warm. Reheat the **plum sauce** with a splash of **water** if you need to. Pile the **mash** onto the plates, top with the **chicken breast** and share the **bok choy** alongside. Spoon the **hoisin plum sauce** over the **chicken**.

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.