



More Than Food

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

## Fried Chicken with Dukkah Sweet Potatoes & Citrus Sour Cream

Sparks may have flown when Harry met Sally, but they don't even come close to the love affair the residents of the Fresh Farm currently have with Dukkah\*! This little wonder-mixture appeared on our radar a few weeks ago, when we chatted to the awesome folks down at The Dukkah Company. Just like us, they started off from their own home and their mixtures of spices, seeds, nuts and general deliciousness are putting them on the map all over the country.

\*It's pronounced 'Doo-kah' - as in 'Super Doo-kah!'



35 mins



family box



gluten free



healthy



Sweet Potato (2)



Dukkah Spice (2 tbsp)



Chicken Breast (4)



Lime (1)




Sugar Snap Peas (2 packs)



Sour Cream (1 pot)

## Ingredients

|                                | 2P | 4P      |
|--------------------------------|----|---------|
| Sweet Potato, chopped          | -  | 2       |
| Dukkah Spice <b>1, 2, 3, 4</b> | -  | 2 tbsp  |
| Chicken Breast                 | -  | 4       |
| Lime                           | -  | 1       |
| Sugar Snap Peas                | -  | 2 packs |
| Sour Cream <b>5</b>            | -  | 1 pot   |

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

- 1)** Nut | **2)** Peanut
- 3)** Sesame | **4)** Celery
- 5)** Milk

**Nutrition per serving:** Calories: 462 kcal | Protein: 35 g | Carbs: 28 g | Fat: 19 g | Saturated Fat: 10 g



**1** Pre-heat your oven to 220 degrees. Chop your sweet potatoes into 2cm cubes by firstly cutting in half lengthways, then cutting each half lengthways again into strips, before chopping widthways into cubes. **Tip:** No need to peel the nutritious skin!



**2** **LH:** Toss the sweet potato in 2 tbsp of olive oil and the dukkah spice mix. Place on a baking tray in a single layer and cook on the top shelf of the oven, until cooked through and crispy at the edges (about 20-25 mins). **Tip:** Turn the potatoes halfway through to get an even crispiness - don't worry if they break up a bit.



**3** Place your hand flat on each chicken breast and slice in half from the side. **Tip:** You want to be able to open up the chicken breast like a book (this is called 'butterflying'). **LH:** Lay the chicken between two sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is 1cm thick.



**4** Heat 2 tbsp of olive oil in a non-stick frying pan on medium-high heat. Season the chicken on both sides with a pinch of salt and

some black pepper. Grate over the zest of the whole lime and rub into both sides. Once the pan is hot, cook the chicken for around 4 mins on each side then remove.

**5** Whilst the chicken is cooking, bring a pot of water to the boil for your sugar snap peas. Once the water is boiling, add ½ tsp of salt together with the sugar snap peas. Cook for just under 3 mins - you want them to be cooked through but retain a bit of crunch. Drain and keep to the side.

**6** **LH:** Mix a little squeeze of lime juice and a pinch of salt and pepper into your sour cream. Taste and add more lime juice to your liking.

**7** Serve the chicken on top of your dukkah potatoes with your sugar snap peas on the side, then add a dollop of citrus sour cream.