














Vibrant Peri Peri Honey & Lime Chicken Skewers with Sun-Dried Tomato Potato Salad

5

Sunshine Dining 25-30 Minutes • Mild Spice • 2 of your 5 a day



-  Bamboo Skewers
-  Salad Potatoes
-  Garlic Clove
-  Lime
-  Red Onion
-  Chicken Breast
-  Peri Peri Seasoning
-  Medium Tomato
-  Mayonnaise
-  Sun-Dried Tomato Paste
-  Honey
-  Baby Leaf Mix

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Saucepan, garlic press, fine grater, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Salad Potatoes	350g	500g	700g
Garlic Clove**	2	3	4
Lime**	1	1	2
Red Onion**	1	2	2
Chicken Breast**	2	3	4
Peri Peri Seasoning	1 sachet	1½ sachets	2 sachets
Medium Tomato	1	1½	2
Mayonnaise 8 9	64g	96g	128g
Sun-Dried Tomato Paste	25g	38g	50g
Honey	15g	23g	30g
Baby Leaf Mix**	50g	75g	100g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	591g	100g
Energy (kJ/kcal)	2245 /537	380 /91
Fat (g)	18.2	3.1
Sat. Fat (g)	2.5	0.4
Carbohydrate (g)	53.1	9.0
Sugars (g)	18.3	3.1
Protein (g)	45.2	7.7
Salt (g)	1.80	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8) Egg 9) Mustard

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

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1



Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Soak your **skewers** in **cold water** (this will prevent them from burning).

Bring a large saucepan of **water** with ½ **tsp salt** to the boil on high heat. Halve the **salad potatoes** (no need to peel).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.

4



Dress the Tomatoes

Meanwhile, squeeze the remaining **lime juice** into another medium bowl.

Add the **sugar** and **olive oil for the dressing** (see pantry for both amounts), season with **salt** and **pepper**, then stir to combine.

Cut the **tomato** into 2cm chunks, then add to the **dressing** and stir to coat. Set aside.

2



Flavour the Chicken

Meanwhile, peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.

Quarter and peel the **red onion**, then separate the layers.

Cut the **chicken breasts** into 3cm chunks.

In a medium bowl, add the **chicken, onion, garlic** and **peri peri seasoning**. Squeeze in **half the lime juice**, season with **salt** and **pepper**, then toss to coat.

5



Potato Salad Time

In a large bowl, combine the **lime zest**, **mayonnaise** and **sun-dried tomato paste**.

When the **potatoes** are cooked, drain in a colander and allow to cool slightly, 2-3 mins.

Add the **potatoes** to the large bowl and toss in the **sun-dried tomato mayonnaise**.

When your **skewers** are cooked, drizzle them with the **honey** and turn to evenly glaze the **chicken** and **onion**. **TIP:** If your honey has hardened, pop in a large bowl of water for 1 min.

3



Bring on the Skewers

Thread the **chicken** and **onion pieces** onto the **skewers** (2 per person), alternating between the two. Transfer the **skewers** to a lightly oiled baking tray.

When the oven is hot, roast on the middle shelf until cooked through, 15-20 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

6



Finish and Serve

When everything's ready, add the **baby leaves** to the bowl of **tomatoes**. Toss to combine.

Share the **chicken and onion skewers** between your plates. Serve with the **potato salad** and **leafy salad** on the side.

Enjoy!