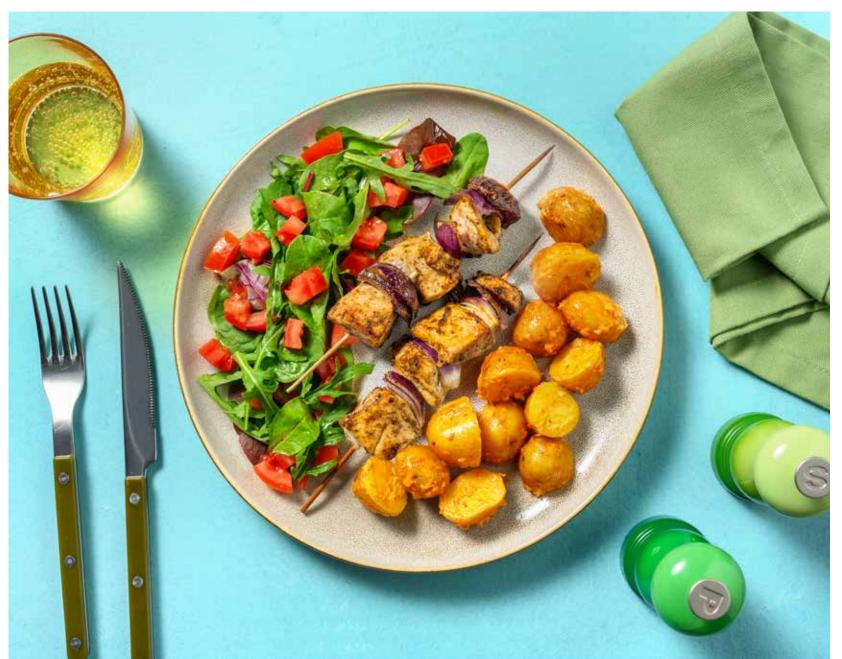


Vibrant Peri Peri Honey & Lime Chicken Skewers

with Sun-Dried Tomato Potato Salad

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







Bamboo Skewers

Salad Potatoes





Garlic Clove







Red Onion

Chicken Breast







Seasoning







Mayonnaise Sun-Dried Tomato





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	11/2	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 Eridge				

*Not Included **Store in the Fridge

Nutrition

Per serving	Per 100g
591g	100g
2245 /537	380/91
18.2	3.1
2.5	0.4
53.1	9.0
18.3	3.1
45.2	7.7
1.80	0.31
	591g 2245 /537 18.2 2.5 53.1 18.3 45.2

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.

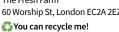
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to <u>hellofresh.co.uk</u> or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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.



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.



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.



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.



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.



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!