



Crispy Breaded Peri Peri Chicken with Cheesy Chips and Garlic Peas

Classic 35-40 Minutes • Mild Spice

5



Potatoes



Garlic Clove



Chicken Breast



Peri Peri Seasoning



Panko Breadcrumbs



Peas



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Egg, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, garlic press, baking paper, cling film, saucepan, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	1	2
Chicken Breast**	2	3	4
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	50g	75g	100g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	530g 2460 /588	100g 464 /111
Fat (g)	10.6	2.0
Sat. Fat (g)	3.8	0.7
Carbohydrate (g)	71.1	13.4
Sugars (g)	9.4	1.8
Protein (g)	57.3	10.8
Salt (g)	2.49	0.47

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten

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

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Roast the Chips

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Time to Fry

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan, and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a baking tray and bake on the middle shelf until cooked through, 8-10 mins.

IMPORTANT: The chicken is cooked when no longer pink in the middle.



Get Prepping

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

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick.

Season with **salt** and the **peri peri seasoning**.

Press the seasoning into the **chicken**.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Peas Please

Meanwhile, heat a drizzle of **oil** in a small frying pan on medium-high heat.

Once hot, add the **peas** and stir-fry for 2-3 mins.

Add the **garlic** and fry until fragrant, 1 min, then remove from the heat. Season with **salt** and **pepper**.

When the **chips** have a few mins left, sprinkle over the **hard Italian style cheese** and return to the oven until melted, 2-3 mins.



Bread the Chicken

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Season with **salt** and **pepper**.

In another bowl, combine the **breadcrumbs** and the **salt** (see pantry for amount).

Dip the chicken into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



Serve Up

Slice the **crispy peri peri chicken** widthways into 1cm thick slices and serve on plates with the **cheesy chips** and **peas** alongside.

Add a dollop of **ketchup** (see pantry for amount) for dipping.

Enjoy!