



Sticky Peri Peri Chicken with Charred Corn Rice and Yoghurt

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day

16



Chicken Thighs



Peri Peri Seasoning



Basmati Rice



Sweetcorn



Garlic Clove



Onion



Red Wine Vinegar



Central American Style Spice Mix



Chicken Stock Paste



Wild Rocket



Low Fat Natural Yoghurt



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil, Butter

CUSTOM RECIPE

If you choose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

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

Kettle, bowl, baking paper, baking tray, saucepan, sieve, frying pan and garlic press.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------------|-----------|-----------|-----------|
| Chicken Thighs** | 3 | 4 | 6 |
| Peri Peri Seasoning | 1 sachet | 1 sachet | 2 sachets |
| Basmati Rice | 150g | 225g | 300g |
| Sweetcorn | 160g | 240g | 320g |
| Garlic Clove** | 2 | 3 | 4 |
| Onion** | 1 | 1½ | 2 |
| Red Wine Vinegar 14) | 12g | 18g | 24g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Chicken Stock Paste | 10g | 15g | 20g |
| Wild Rocket** | 20g | 30g | 40g |
| Low Fat Natural Yoghurt** 7) | 75g | 120g | 150g |
| Chicken Breast** | 2 | 3 | 4 |
| Pantry | 2P | 3P | 4P |
| Honey* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Butter* | 20g | 30g | 40g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Custom Recipe | | | |
|-------------------------|---------------|----------|-------------|----------|
| | Per serving | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 506g | 100g | 516g | 100g |
| Energy (kJ/kcal) | 3463 /828 | 684 /163 | 2995 /716 | 580 /139 |
| Fat (g) | 35.6 | 7.0 | 19.4 | 3.8 |
| Sat. Fat (g) | 12.5 | 2.5 | 7.8 | 1.5 |
| Carbohydrate (g) | 90.1 | 17.8 | 88.9 | 17.2 |
| Sugars (g) | 17.8 | 3.5 | 18.0 | 3.5 |
| Protein (g) | 44.7 | 8.8 | 52.1 | 10.1 |
| Salt (g) | 2.40 | 0.47 | 2.42 | 0.47 |

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

Allergens

7) Milk **14)** Sulphites

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, cereals containing 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.

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Spice Up the Chicken

a) Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a half-full kettle.

b) In a medium bowl, add the **chicken thighs, peri peri seasoning, honey** (see pantry for amount) and a drizzle of **oil**. Season and toss to coat.

c) Lay the **chicken thighs** flat onto a lined baking tray. Once hot, roast on the top shelf of your oven until browned and cooked through, 10-12 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **chicken breast**, heat a drizzle of **oil** in a frying pan on high heat. Prep in the same way and fry until golden on one side, 3-4 mins, then turn to cook for 1 min more. Once golden, transfer to a baking tray, skin-side up. Roast until cooked through, 12-15 mins, then continue as instructed.



Build the Flavour

a) Pop the pan back on medium-high heat.

b) Add the **onion** to the pan and stir-fry, 4-5 mins. Stir in the **garlic** and **Central American spice mix** and cook for 1 min. Return the **charred corn** to the pan.

c) Pour in the **chicken stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer for 1-2 mins.



Cook the Rice

a) Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.

b) Drain in a sieve, then pop it on top of the pan and allow to steam.

c) Meanwhile, drain the **sweetcorn** in a sieve.



Finish the Rice

a) When the **rice** is cooked, add to the frying pan along with the **butter** (see pantry for amount). Stir to combine, then remove from the heat.

b) Taste the **rice** and season with **salt** and **pepper** if needed.

c) When everything's ready, toss the **rocket leaves** in the **dressing** until evenly coated.



Get Charring

a) Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary.

Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Once cooked, transfer the **corn** to a small bowl and wipe the pan clean.

b) Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **onion** into small pieces.

c) In a medium bowl, combine the **red wine vinegar** and **olive oil for the dressing** (see pantry for amount). Set aside.



Serve Up

a) Share the **chicken thighs** between your plates.

b) Serve with the **charred corn rice** on the side. Finish with a drizzle of **yoghurt** and the **rocket leaves** alongside.

Enjoy!

CUSTOM RECIPE

Slice each **chicken breast** widthways into 2cm slices before serving between your plates.