

Sticky Peri Peri Chicken

with Charred Corn Rice and Yoghurt



20 Minutes · Mild Spice · 1 of your 5 a day







Chicken Thighs







Sweetcorn

Basmati Rice





Garlic Clove



Red Wine Vinegar



Onion

Central American Style Spice Mix



Chicken Stock



Wild Rocket



Low Fat Natural Yoghurt



Pantry Items

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

CUSTOM RECIPE

If you chose 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

Nuclicion			Custom Recipe	
Typical Values	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.

HelloFresh UK

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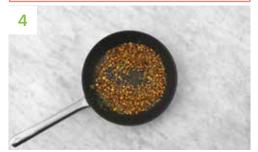


Spice Up the Chicken

- 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.



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.



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.



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.