



# Glazed Peri Peri Chicken Thighs with Herby Chips and Zesty Green Beans & Peas

Family 35-40 Minutes • Mild Spice • 1 of your 5 a day

1



Potatoes



Mixed Herbs



Cornflour



Peri Peri Seasoning



Chicken Thighs



Green Beans



Lime



Peas



Honey



Chicken Breasts

### Pantry Items

Oil, Salt, Pepper, Butter, Mayonnaise

### 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

Baking tray, bowl, frying pan, kitchen paper, kettle, fine grater, saucepan, colander and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Cornflour	20g	30g	40g
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Chicken Thighs**	3	5	6
Green Beans**	80g	150g	150g
Lime**	1	1½	2
Peas**	120g	180g	240g
Honey	15g	22g	30g
Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Mayonnaise*	2 tbsps	3 tbsps	4 tbsps

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	562g	100g	572g	100g
Energy (kJ/kcal)	3238 / 774	577 / 138	2771 / 662	485 / 116
Fat (g)	38.8	6.9	22.7	4.0
Sat. Fat (g)	11.8	2.1	7.1	1.2
Carbohydrate (g)	75.0	13.4	73.8	12.9
Sugars (g)	14.0	2.5	14.2	2.5
Protein (g)	40.6	7.2	47.9	8.4
Salt (g)	0.93	0.17	0.95	0.17

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

## Allergens

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.

## Contact

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## Bake 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 the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs** and season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

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



## Bean There, Done That

Pour the **boiled water** from your kettle into a medium saucepan with ½ **tsp salt** on high heat.

Bring back to the boil, then add the **beans** and cook until just tender, 4-5 mins. Add the **peas** to **water** and cook 1 min more.

Drain in a colander, then return the **cooked veg** to the saucepan. Stir through the **lime zest** and **half the butter** (see pantry for amount), then season with **salt** and **pepper**. Cover with a lid to keep warm and set aside.



## Cornflour Power

Meanwhile, combine the **cornflour** and **peri peri seasoning** in a large bowl and season with **salt** and **pepper**. Add the **chicken thighs** to the **spiced cornflour** and toss to coat well. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Put a large frying pan on high heat with 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.

## CUSTOM RECIPE

If you've chosen to get **chicken breasts** instead of **thighs**, sandwich each **breast** between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick, then add to the bowl of **cornflour** and continue as instructed.



## Amazing Glaze

While everything cooks, wipe out the (now empty) frying pan and return to medium-low heat.

Add the **honey**, **lime juice** and the remaining **butter** to the pan. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Cook until thickened and sticky, 1-2 mins. Once thickened, gently turn the **chicken thighs** in the pan to coat in the **glaze**.



## Cook the Chicken Thighs

Once the **oil** is hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden-brown and cooked through, 12-14 mins. Turn every 2-3 mins and adjust the heat as necessary. Discard any **cornflour** left in the bowl. Once cooked, transfer to a plate lined with kitchen paper. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

While the **chicken** cooks, boil a half-full kettle. Trim the **green beans**, then cut into thirds. Zest and halve the **lime**.

## CUSTOM RECIPE

Fry the **chicken breasts** for 5-6 mins on each side instead. Once cooked, transfer the **chicken** to a board, cover with foil and rest for a couple of mins, then continue as instructed.



## Serve

Slice the **glazed chicken thighs** into 2cm thick slices, then share between your plates.

Serve the **zesty veg** and **herby chips** alongside.

Dollop some **mayo** (see pantry for amount) onto your plates for dipping.

## Enjoy!