

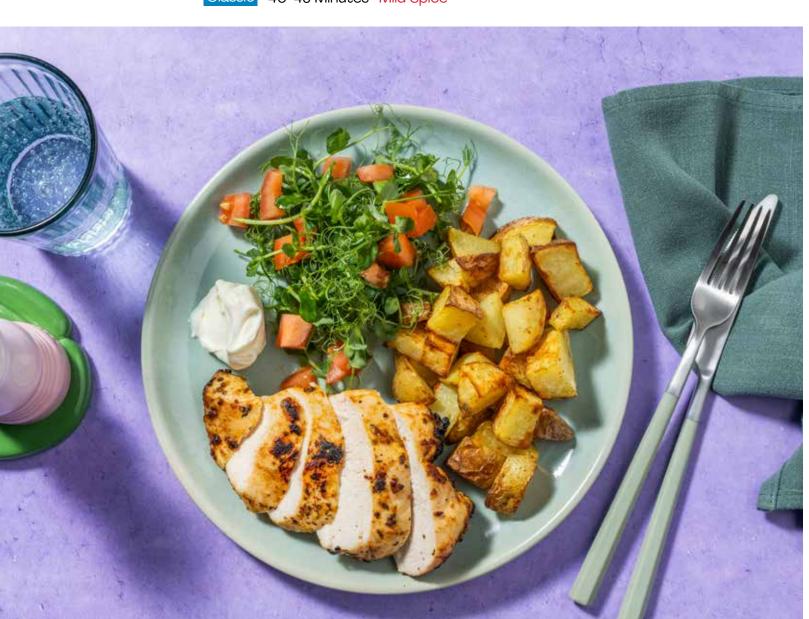
# Peri Peri Chicken Breast Traybake

with Roast Potatoes and Tomato & Pea Shoot Salad



Classic 40-45 Minutes • Mild Spice











Peri Peri Seasoning





Chicken Breasts





**Medium Tomato** 



# 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

Garlic press, baking tray and bowl.

#### Ingredients

Ingredients	2P	3P	4P	
Garlic Clove**	1	2	2	
Potatoes	450g	700g	900g	
Peri Peri Seasoning	1 sachet	2 sachets	2 sachets	
Honey	15g	30g	30g	
Chicken Breasts**	2	3	4	
Cider Vinegar 14)	15ml	15ml	30ml	
Medium Tomato**	1	2	2	
Pea Shoots**	40g	60g	80g	
Pantry	2P	3P	4P	
Olive Oil for the Marinade*	1½ tbsp	2 tbsp	3 tbsp	
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp	
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp	
*Not Included **Store in the Fridge				

#### Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	507g	100g
Energy (kJ/kcal)	2498 /597	492/118
Fat (g)	24.0	4.7
Sat. Fat (g)	3.2	0.6
Carbohydrate (g)	54.7	10.8
Sugars (g)	10.5	2.1
Protein (g)	44.7	8.8
Salt (g)	0.86	0.17

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

### **Allergens**

#### 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 containinggluten 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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# **Prep your Potatoes**

Preheat your oven to 220C/200C fan/gas mark 7. Peel and grate the **garlic** (or use a garlic press). Chop the **potatoes** into 2cm chunks (no need to peel).

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



#### Flavour the Chicken

In a large bowl, mix together the **peri peri seasoning** (use less if you'd prefer things milder), **garlic**, **olive oil for the marinade** (see pantry for amount) and **half** the **honey**. Season with **salt** and **pepper**. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Add the **chicken** and turn to coat in the **marinade**, then pop onto another baking tray. **IMPORTANT**: Wash your hands and equipment after handling raw chicken and its packaging.



### **Get Roasting**

When the oven is hot, roast the **potatoes** on the top shelf and the **chicken** on the middle shelf until golden and cooked through, 25-35 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Turn the **potatoes** halfway through.



# Mix the Dressing

Meanwhile, in another large bowl, add the **cider vinegar**, **olive oil for the dressing** (see pantry for amount) and remaining **honey**.

Season with **salt** and **pepper**, mix well, then set the **dressing** aside.



# Make your Salad

Just before you're ready to serve, cut the **tomato** into 2cm chunks.

Add the **tomato** and **pea shoots to the dressing** bowl and toss well to coat. TIP: Keep a portion of salad aside before dressing for anyone who'd prefer it without dressing.



#### Serve

When everything's ready, slice your **chicken** widthways into 4 or 5 pieces and serve alongside the **potatoes**.

Share the **pea shoot salad** between your plates and finish with a dollop of **mayo** for dipping (see pantry for amount).

### Enjoy!

