



Sticky Peri Peri Chicken

with Charred Corn Rice and Yoghurt

Quick Air Fryer Friendly 20 Minutes • Mild Spice • 1 of your 5 a day

13



-  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

Pantry Items
Oil, Salt, Pepper, Honey, Olive Oil, Butter

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
Pantry	2P	3P	4P
Honey*	1 tbspc	1½ tbspc	2 tbspc
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Dressing*	1 tbspc	1½ tbspc	2 tbspc
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	3463/828	684/163
Fat (g)	35.6	7.0
Sat. Fat (g)	12.5	2.5
Carbohydrate (g)	90.1	17.8
Sugars (g)	17.8	3.5
Protein (g)	44.7	8.8
Salt (g)	2.40	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.

Contact

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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 with **salt** and **pepper** 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.



Build the Flavour

a) Pop the pan back on medium-high heat with a drizzle of **oil**.

b) Add the **onion** to the pan and fry until softened, 4-5 mins.

c) Stir in the **garlic** and **Central American spice mix**. Cook for 1 min. Return the **charred corn** to the pan.

d) 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) Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam.

c) Meanwhile, drain the **sweetcorn**.

d) Heat a drizzle of **oil** in a large frying pan on high heat.



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.

Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

1. Preheat your air fryer to 200°C. Once hot, place the chicken thighs into the basket. Oil and season.
2. Bake 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.



Get Charring

a) Once the **oil** is 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 another 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!