



# Creamy Coronation Chicken

with Peas and Bombay Style Potatoes

Family 35-40 Minutes • Mild Spice

1



Potatoes



Garlic Clove



Mango Chutney



Peas



Curry Powder Mix



Chicken Breasts



Creme Fraiche

**Pantry Items**  
Oil, Salt, Pepper

## 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, garlic press, frying pan, aluminium foil and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Curry Powder Mix	2 sachets	2 sachets	4 sachets
Garlic Clove**	2	3	4
Chicken Breasts**	2	3	4
Mango Chutney	40g	60g	80g
Creme Fraiche** 7)	75g	120g	150g
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	550g	100g
Energy (kJ/kcal)	2458 /587	447 /107
Fat (g)	16.7	3.0
Sat. Fat (g)	8.6	1.6
Carbohydrate (g)	66.5	12.1
Sugars (g)	17.3	3.1
Protein (g)	48.3	8.8
Salt (g)	1.18	0.21

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

## Allergens

### 7) Milk

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. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Bombay Style Potato Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a large baking tray.

Sprinkle over a **third** of the **curry powder mix** (add less if you'd prefer things milder). Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Make your Coronation Sauce

Meanwhile, pop the (now empty) frying pan on medium heat with a drizzle of **oil** (no need to clean).

Add the remaining **curry powder mix** and **half** the **garlic** to the pan. Stir-fry for 1 min.

Stir in the **mango chutney** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until reduced slightly, 2-3 mins. Stir through the **creme fraiche**, then remove from the heat.

Taste and season with **salt** and **pepper** if needed.



## Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Season the **chicken breasts** with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Easy Peas-y

When the **potatoes** have 5 mins left, heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Once hot, add the **peas** and stir-fry for 2-3 mins.

Add the remaining **garlic** and fry until fragrant, 1 min, then remove from the heat.

Reheat the **creamy coronation sauce** if needed, adding a splash of **water** if it's a little too thick.



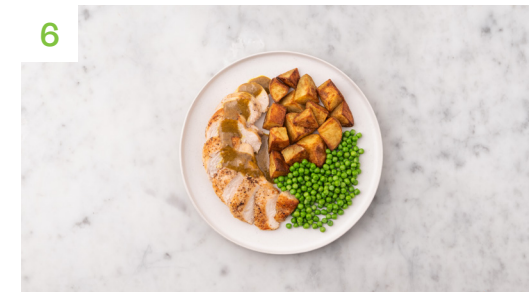
## Fry the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.

Once browned, pop the **chicken** onto a medium baking tray and roast on the top shelf of your oven until cooked through, 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



## Slice and Serve

When the **chicken** is ready, cut into 2cm thick slices and share between your plates. Spoon over the **creamy coronation sauce**.

Serve with the **bombay style potatoes** and **peas** on the side.

## Enjoy!