



# Chicken Strips and Chips with Peas and Sweet Chilli Dip

Kid Friendly 30-35 Minutes

15A

Find all your unchilled Market items in bag A.



Potatoes



Breadcrumbs



British Chicken Breasts



Peas



Sweet Chilli Sauce

**Pantry Items**

Oil, Salt, Pepper, Egg, Mayonnaise



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, bowl, whisk, saucepan and colander.

## Ingredients

Ingredients	Quantity
Potatoes	450g
Breadcrumbs <b>13</b> )	50g
British Chicken Breasts**	2
Peas**	120g
Sweet Chilli Sauce	32g

Pantry	Quantity
Egg for Binding*	1
Oil for the Breadcrumbs*	2 tbsp
Mayonnaise*	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2903 /694	543 /130
Fat (g)	22.1	4.1
Sat. Fat (g)	3.0	0.6
Carbohydrate (g)	79.3	14.8
Sugars (g)	12.8	2.4
Protein (g)	48.8	9.1
Salt (g)	1.14	0.21

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

## Allergens

### 13) Cereals containing gluten

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, mollusc, 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.

## Contact

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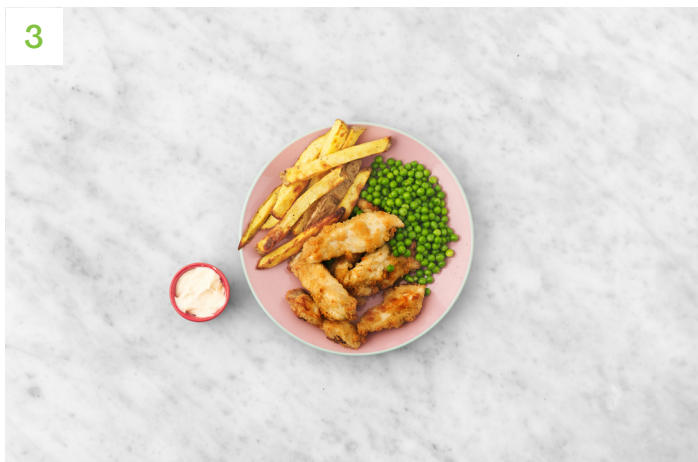
1



2



3



## Get Prepped

**a)** 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).

**b)** Pop the **chips** onto a large baking tray. 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.

**c)** Crack the **egg for binding** (see pantry for amount) into a medium bowl, then whisk the **egg** until combined and season with a pinch of **salt** and **pepper**.

**d)** In a separate medium bowl, combine the **breadcrumbs** and the **oil for the breadcrumbs** (see pantry for amount).

## Make the Chicken Strips

**a)** Cut each **chicken breast** into 2cm strips. Season with **salt** and **pepper**, then add to the bowl of **egg** and mix to coat well. Pop the **chicken pieces** into the **breadcrumbs**, toss to coat, then transfer to a baking tray.

**b)** Pop the **chicken** on the top shelf of the oven and place the **chips** on the middle shelf.

**c)** Bake until both the **chips** and **chicken** are slightly golden and cooked through, 20-25 mins. Turn the **chips** halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## Finish and Serve

**a)** When the **chicken** and **chips** have 10 mins remaining in the oven, bring a small saucepan of **water** to the boil with  $\frac{1}{4}$  **tsp salt** for the **peas**.

**b)** When boiling, add the **peas** to the **water** and cook for 2-3 mins. Drain in a colander and return to the pan. Drizzle with **oil** and season with **salt** and **pepper**.

**c)** Meanwhile, in a small bowl, combine the **sweet chilli sauce** and the **mayo** (see pantry for amount).

**d)** Once baked, serve the **chicken strips** and **chips** with the **peas** alongside and **sweet chilli mayo** for dipping.

Enjoy!