



Peri Peri Chicken Breast Traybake

with Roast Potatoes and Tomato & Pea Shoot Salad

Family 40-45 Minutes • Mild Spice • 1 of your 5 a day

45



Garlic Clove



Potatoes



Peri Peri Seasoning



Honey



British Chicken Breasts



Cider Vinegar



Baby Plum Tomatoes



Pea Shoots



THIS™ Isn't Pork Sausages

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

Make it Vegetarian

If you chose to make this recipe veggie, 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

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
British Chicken Breasts**	2	3	4
Cider Vinegar 14	15ml	15ml	30ml
Baby Plum Tomatoes	125g	190g	250g
Pea Shoots**	40g	60g	80g
THIS™ Isn't Pork Sausages**	6	9	12

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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	515g	100g	490g	100g
Energy (kJ/kcal)	2503 / 598	486 / 116	2814 / 672	575 / 137
Fat (g)	24.0	4.7	37.8	7.7
Sat. Fat (g)	3.2	0.6	4.8	1.0
Carbohydrate (g)	54.9	10.7	57.2	11.7
Sugars (g)	10.8	2.1	10.8	2.2
Protein (g)	44.7	8.7	25.5	5.2
Salt (g)	0.85	0.17	2.42	0.49

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, 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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Prep your Potatoes

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

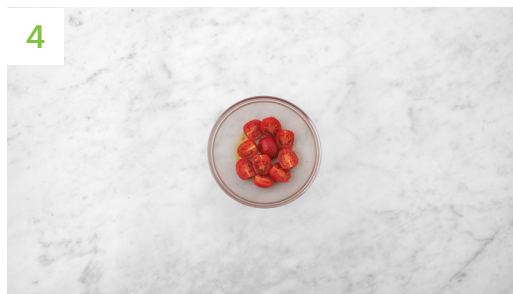
Peel and grate the **garlic** (or use a garlic press). Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **potato chunks** 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.

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

Make it Vegetarian

If you've chosen the veggie version, roast the **potatoes** on the top shelf, 25-35 mins.



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.

Halve the **baby plum tomatoes** and add to the **dressing**. Mix together then set aside.



Flavour the Chicken

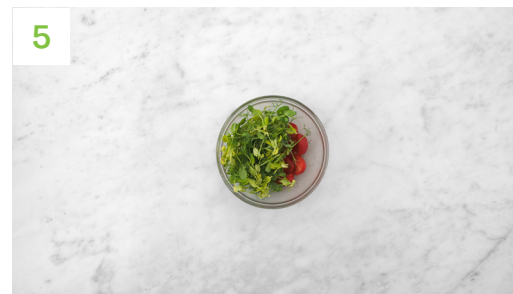
In a large bowl, mix the **peri peri seasoning**, **garlic**, **olive oil for the marinade** (see pantry for amount) and **half the honey**. Season with **salt** and **pepper**.

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.

Make it Vegetarian

Prep the **THIS™ Isn't Pork Sausages** in the same way, then roast on the middle shelf, 15-18 mins. **IMPORTANT:** Ensure they're piping hot throughout.



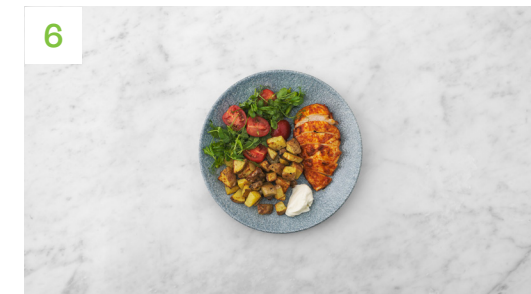
Make your Salad

Just before you're ready to serve add the **pea shoots** to the **dressing** bowl and toss well to coat.



Get Roasting

Roast the **chicken** on the top shelf until golden and cooked through, 25-30 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve

When everything's ready, slice your **chicken** widthways into 2cm thick slices and serve alongside the **potatoes**.

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

Enjoy!