

Peri Peri Chicken and Charred Corn Salad with Roasted Sweet Potato and Soured Cream

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day



Sweet Potato



Cider Vinegar



Wholegrain Mustard



Baby Plum Tomatoes



Sweetcorn



Peri Peri Seasoning



British Chicken Thighs



Baby Leaf Mix



Soured Cream



Pumpkin Seeds



Fall in love with salads again with our Peri Peri Chicken and Charred Corn Salad. Peri peri contains smoked paprika, ancho chilli powder, ground cumin and oregano, perfect for spicing up the chicken here.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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, bowl, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Cider Vinegar 14	30ml	45ml	60ml
Wholegrain Mustard 9	17g	25g	34g
Baby Plum Tomatoes	125g	190g	250g
Sweetcorn	160g	272g	340g
Peri Peri Seasoning	2 sachets	2 sachets	4 sachets
British Chicken Thighs**	4	4	8
Baby Leaf Mix**	50g	75g	100g
Soured Cream** 7	75g	120g	150g
Pumpkin Seeds	15g	30g	30g

Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	2 tbsps	3 tbsps	4 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	566g	100g
Energy (kJ/kcal)	3401/813	601/144
Fat (g)	47.9	8.5
Sat. Fat (g)	14.0	2.5
Carbohydrate (g)	45.0	8.0
Sugars (g)	18.2	3.2
Protein (g)	51.7	9.1
Salt (g)	1.70	0.30

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

Allergens

7) Milk **9)** Mustard **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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Roast the Sweet Potato

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

Chop the **sweet potato** into 1cm chunks (no need to peel).

Put the **sweet potato chunks** 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.*

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Spice Things Up

Sprinkle the **peri peri seasoning** over a large plate, then season with **salt** and **pepper**.

Lay one of the **chicken thighs** in the **spice**, then turn to coat both sides evenly. Continue with the other **thigh(s)**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Mix the Dressing

Meanwhile, in a large bowl, combine the **sugar** and **olive oil for the dressing** (see pantry for both amounts), **cider vinegar**, **wholegrain mustard** and some **salt** and **pepper**.

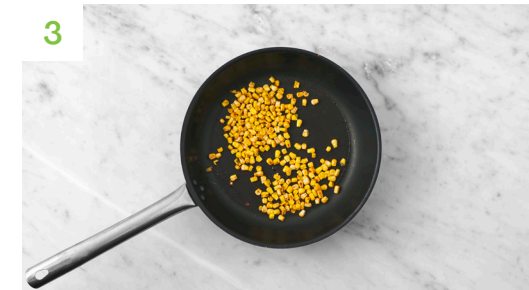
Halve the **baby plum tomatoes** and mix into the **dressing**.



Cook the Chicken

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

Once hot, lay the **chicken thighs** flat in the pan and fry until browned on each side and cooked through and slightly charred, 13-15 mins. Turn every 2-3 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

Drain the **sweetcorn** in a sieve.

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

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Once charred, transfer the **corn** to the bowl of **tomatoes**. Set the pan aside.



Serve Up

When everything's ready, thinly slice the **chicken**.

Add the **baby leaf mix** and **sweet potato** to the bowl of **corn** and **tomatoes**. Toss together so everything's coated in the **dressing**.

Share the **salad** between your serving bowls and lay the **chicken** on top. Dollop on some **soured cream** and finish with a sprinkle of the **pumpkin seeds**.

Enjoy!