



# Paw-some Peruvian Style Chicken Salad with Sweet Potato and a Herby Citrus Dressing

Paddington in Peru

30-35 Minutes • Medium Spice • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



**PADDINGTON™ IN PERU**  
**ONLY IN CINEMAS**

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Sweet Potato



Sweetcorn



Lemon



Red Chilli



Garlic Clove



Coriander



Baby Gem Lettuce



Greek Style Salad Cheese



British Chicken Breasts



Central American Style Spice Mix

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Plain Flour

### TASTY ADVENTURES IN PERU

Discover Peruvian cuisine alongside British Classics on your HelloFresh menu! Paddington in Peru hits cinemas on the 8th November – celebrate with easy and delicious meals inspired by Paddington.



Brimming with the colourful ingredients often used in Peruvian cuisine, this fresh and flavourful salad will transport your tastebuds to Peru. Roasted sweet potato, charred corn and lettuce are topped with spiced chicken and cheese, then tied together with a zingy garlic, chilli and coriander dressing.

## 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 paper, baking tray, sieve, fine grater, garlic press, bowl, rolling pin and frying pan.

## Ingredients

Ingredients	Quantity
Sweet Potato	1
Sweetcorn	160g
Lemon**	1
Red Chilli**	1
Garlic Clove**	1
Coriander**	1 bunch
Baby Gem Lettuce**	1
Greek Style Salad Cheese** 7)	50g
British Chicken Breasts**	2
Central American Style Spice Mix	1 sachet

Pantry	Quantity
Sugar*	½ tsp
Olive Oil*	2 tbsps
Plain Flour*	1 tbsps

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2308 / 552	445 / 106
Fat (g)	19.0	3.7
Sat. Fat (g)	6.1	1.2
Carbohydrate (g)	47.3	9.1
Sugars (g)	16.3	3.2
Protein (g)	49.8	9.6
Salt (g)	1.89	0.36

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, 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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## Cook the Sweet Potato

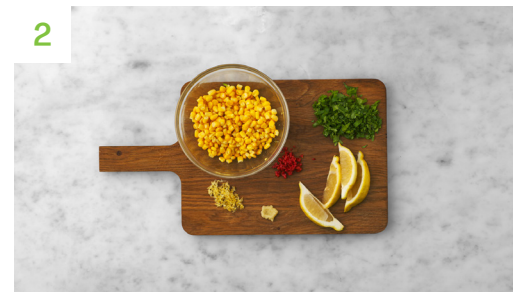
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **sweet potato** (no need to peel), then slice into ½cm thick rounds.
- Place the rounds on a large, lined baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- Roast on the middle shelf of your oven until golden, 20-22 mins. Turn halfway through cooking.



- Pop the **chicken** onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick.
- Combine in a medium bowl the **flour** (see pantry for amount) and **Central American style spice blend**. Lay your **chicken breast** in the bowl of **spiced flour**, then toss to ensure the **chicken** gets an even coating of **flour**. Repeat for the other **breast**. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

SCAN FOR THE CHANCE TO WIN! PADDINGTON IN PERU

We bear good news: don't miss the chance to win a family adventure to The Paddington Bear™ Experience and official film merchandise!



## Prep Time

- Meanwhile, drain the **sweetcorn** in a sieve.
- Zest and cut the **lemon** into wedges. Juice **half** the **wedges** into a large bowl.
- Halve the **chilli** lengthways, deseed, then finely chop (prepare less if you prefer things milder).
- Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



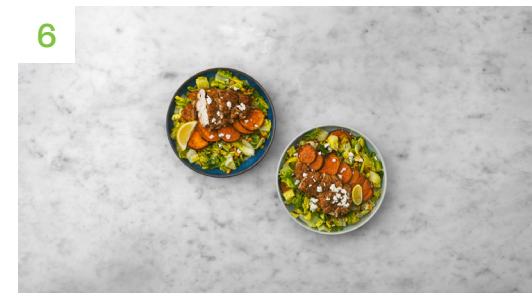
## Cook the Chicken

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Lay the **chicken** into the frying pan. Cook until browned, 3-4 mins each side. Then pop onto a plate and set aside until the **sweet potato** has 10 mins remaining in the oven.
- When the **sweet potato** has 10 mins remaining, add the **chicken** to the same baking tray and bake until cooked through, 10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**
- Once the **chicken** is cooked, cut into 1cm wide slices.



## Make the Citrus Dressing

- Add to the **lemon juice** the **garlic**, **chilli**, **coriander** and a **pinch** of **lemon zest**, along with the **sugar** and **olive oil** (see pantry for both amounts). Season with **salt** and **pepper**. Mix to combine.
- Trim the **baby gem**, separate the **leaves**, then tear into bite-sized pieces. Crumble the **Greek style salad cheese** into small pieces.
- Sandwich each **chicken breast** between two pieces of baking paper or cling film.



## Finish and Serve

- While the **chicken** roasts, return the frying pan to high heat with a drizzle of **oil**. Once 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 be lightly charred.
- Add the **sweetcorn**, **lettuce**, **half** the **cheese** and **half** the **sweet potato** to the bowl of **dressing** and toss to coat. Divide the **dressed salad** between 2 serving bowls. Place the remaining **sweet potato** in a line down the centre of the **salad**, then place the **sliced chicken breast** alongside the **potato**. Sprinkle over the remaining **cheese** and serve with **lemon wedges** to finish.

Enjoy!