



# Crispy Coconut Chicken

with Roasted Sweet Potato, Corn and Carrot Salad

A Taste of Sri Lanka 35-40 Minutes • Mild Spice • 3 of your 5 a day

16



Sweet Potato



British Chicken Thighs



Sri Lankan Style Curry Powder



Ginger, Garlic & Lemongrass Puree



Desiccated Coconut



Cornflour



Lime



Carrot



Sweetcorn



Wild Rocket



British Chicken Breasts

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!



This recipe takes inspiration from Chettinad cooking styles, a region in southern India that has many crossovers with Sri Lankan cuisine. The toasted coconut that we've tossed through the salad and coated the chicken with is a common technique used in Sri Lankan cooking, with layers of Sri Lankan style spices and ingredients like lemongrass and ginger building even more fragrant flavour.



## 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, frying pan, aluminium foil, fine grater, grater and sieve.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
British Chicken Thighs**	4	6	8
Sri Lankan Style Curry Powder	1 sachet	2 sachets	2 sachets
Ginger, Garlic & Lemongrass Puree	30g	30g	44g
Desiccated Coconut	15g	22g	30g
Cornflour	30g	50g	60g
Lime**	1	2	2
Carrot**	1	1½	2
Sweetcorn	160g	255g	340g
Wild Rocket**	20g	40g	40g
British Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	3 tbsp	4½ tbsp	6 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	575g	100g	535g	100g
Energy (kJ/kcal)	3833 /916	666 /159	2958 /707	552 /132
Fat (g)	52.3	9.1	29.7	5.5
Sat. Fat (g)	14.0	2.4	7.3	1.4
Carbohydrate (g)	63.1	11.0	63.3	11.8
Sugars (g)	23.6	4.1	23.8	4.4
Protein (g)	48.2	8.4	45.2	8.4
Salt (g)	1.80	0.31	1.72	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

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.

 You can recycle me!

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



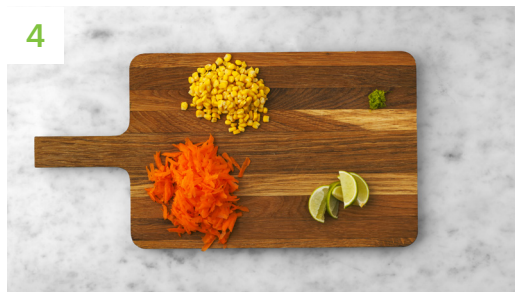
## Get Started

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

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

Pop the **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 and tender, 18-20 mins. Turn halfway through.



## Finish the Prep

While the **chicken** cooks, zest and cut the **lime** into wedges. Trim the **carrot**, then coarsely grate (no need to peel). Drain the **sweetcorn** in a sieve.

In a large bowl, combine the **sugar** and **olive oil** for the **dressing** (see pantry for both amounts) with a good squeeze of **lime juice** from a **lime wedge**. Season with **salt** and **pepper**.



## Toast the Coconut

Meanwhile, add the **chicken thighs** to a medium bowl. Add the **Sri Lankan style curry powder** and **lemongrass, ginger & garlic puree** and rub to coat. Season with **salt** and **pepper**. Set aside to marinate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

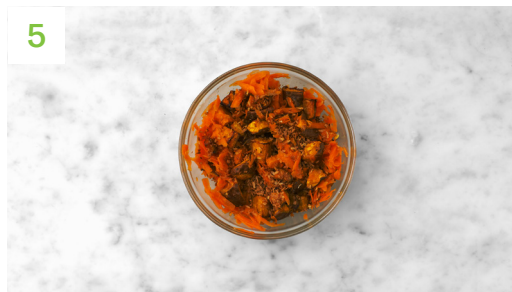
Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch it like a hawk as it can burn easily.

Once the **coconut** is toasted, transfer to a small bowl and set aside.

## ↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, prep in the same way, then pan-fry, 5 mins. Bake, 15-20 mins.



## All Together Now

In a small bowl, mix together the **lime zest** and **mayo** (see pantry for amount).

When everything's ready, stir the **roasted sweet potato, grated carrot** and **corn** into the **lime dressing**. Add a spoonful of the **toasted coconut** and toss through the **salad**.

Cut the **cooked chicken** widthways into 2cm slices.



## Fry the Chicken

Give the large frying pan a quick wipe and return to a medium-high heat with a drizzle of **oil**.

Add the **cornflour** to the **chicken** and toss to coat.

Once hot, lay the **chicken thighs** flat in the pan. Fry until browned all over, 3-4 mins each side. Once the **chicken** is browned, pop it onto a baking tray lined with foil.

Bake on the middle shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Serve

Share the **sliced chicken** between your serving plates. Squeeze over some **lime juice** from a **lime wedge** and drizzle over the **honey** (see pantry for amount). Sprinkle with the **toasted coconut**.

Serve with a handful of the **rocket** and the **corn and carrot salad** alongside.

Drizzle the **rocket** with **oil** and add a dollop of the **zesty mayo** for dipping alongside to finish.

Enjoy!