















# Perfect Pachamanca Inspired Chicken with Sweet Potato and Bulgur

5

Paddington in Peru 40-45 Minutes • Mild Spice • 1 of your 5 a day



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-  Sweet Potato
-  Garlic Clove
-  Mint
-  British Chicken Thighs
-  Chipotle Paste
-  Dried Oregano
-  Red Wine Vinegar
-  Chicken Stock Paste
-  Bulgur Wheat
-  Baby Spinach
-  Greek Style Salad Cheese
-  British Chicken Breast

### 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.

**Pantry Items**  
Oil, Salt, Pepper, Sugar

↔ 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!



Pachamanca is a much-loved traditional Peruvian family feasting dish that's baked in a special underground oven. No need to start digging though, as this easier stovetop version brings similar flavour by cooking the ingredients slowly until tender.

## 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, saucepan and lid.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Garlic Clove**	3	4	6
Mint**	1 bunch	1½ bunches	2 bunches
British Chicken Thighs**	4	6	8
Chipotle Paste	20g	30g	40g
Dried Oregano	1 sachet	1 sachet	2 sachets
Red Wine Vinegar <b>14)</b>	12ml	18ml	24ml
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat <b>13)</b>	120g	180g	240g
Baby Spinach**	40g	70g	100g
Greek Style Salad Cheese** <b>7)</b>	50g	75g	100g
British Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Water for the Bulgur*	220ml	330ml	440ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>681g</b>	<b>100g</b>	<b>641g</b>	<b>100g</b>
Energy (kJ/kcal)	3528 /843	518 /124	2653 /634	414 /99
Fat (g)	34.6	5.1	11.9	1.9
Sat. Fat (g)	11.8	1.7	5.1	0.8
Carbohydrate (g)	80.3	11.8	80.5	12.6
Sugars (g)	12.3	1.8	12.4	1.9
Protein (g)	57.8	8.5	54.7	8.5
Salt (g)	3.24	0.48	3.16	0.49

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

## Allergens

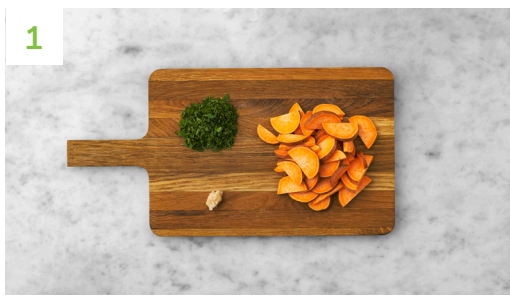
**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

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.

You can recycle me!

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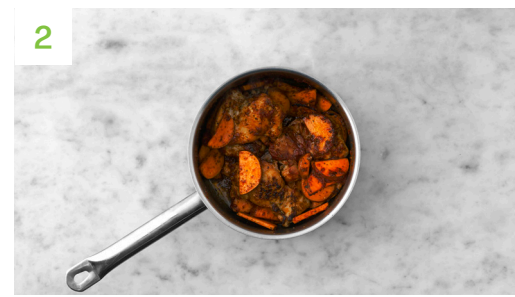


## Get Prepped

Slice the **sweet potatoes** in half lengthways, then chop into 1cm half moons (no need to peel).

Peel and grate the **garlic** (or use a garlic press).

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



## Fry the Chicken

Heat a large saucepan on medium-high heat with a drizzle of **oil**.

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper**. Fry until the **chicken** is browned, 4-5 mins each side. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Once the **chicken** is browned, add the **sweet potato**. Stir in the **chipotle paste** (add less if you'd prefer things milder), **dried oregano** and **garlic**. Stir-fry for 1 min.

↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, pan-fry and oven bake for the same amount of time.

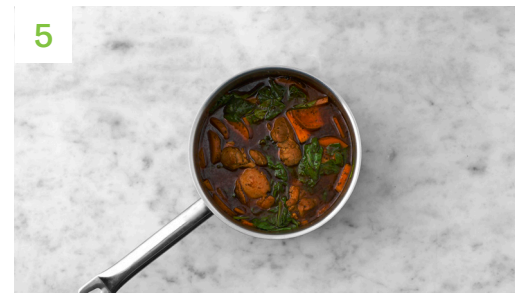


## Cook the Bulgur

Meanwhile, pour the **water for the bulgur** (see pantry for amount) into another large saucepan, stir in the remaining **chicken stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## Finishing Touches

When the **sauce** has thickened and the **chicken** is cooked through, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Taste the **sauce** and season with **salt** and **pepper** if needed.

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## Simmer Time

Add the **red wine vinegar**, half the **chicken stock paste**, half the **mint** and the **sugar** and **water for the sauce** (see pantry for both amounts) to the **chicken**.

Stir well to combine. Bring to the boil, then lower the heat to medium.

Simmer until the **sauce** has thickened and the **chicken** is cooked through, 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Serve Up

Share the **bulgur wheat** between your serving bowls and top with the **pachamanca inspired chicken** and **sauce**.

Crumble over the **Greek style salad cheese** and sprinkle with the remaining **mint** to finish.

Enjoy!