



Cajun Spiced Chicken and Chive Dressing with Mixed Potato and Cavolo Nero Mash

24

Calorie Smart 40-45 Minutes • Very Hot • 2 of your 5 a day • Under 650 Calories



Baking Potato



Sweet Potato



Garlic Clove



Lemon



Chives



Cajun Spice Mix



Chicken Breast



Chopped Cavolo Nero

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, fine grater, bowl, baking paper, saucepan, frying pan, lid, kitchen paper and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	2	2
Sweet Potato	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Breast**	2	3	4
Chopped Cavolo Nero**	100g	150g	200g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	1 tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2498 / 597	464 / 111
Fat (g)	22.1	4.1
Sat. Fat (g)	3.4	0.6
Carbohydrate (g)	57.6	10.7
Sugars (g)	11.3	2.1
Protein (g)	46.7	8.7
Salt (g)	1.47	0.27

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

PersonalPoints™ values based on low-cal cooking spray oil.

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, milk, egg, mustard, celery, soya, 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.

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Roast the Potatoes

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

Chop the **potato** and **sweet potato** into 2cm chunks (no need to peel). Pop them both 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.



Cook the Cavolo Nero

Heat a drizzle of **oil** in a large frying pan on high heat. Add the **cavolo nero** and a splash of **water** and cover until wilted, 3-4 mins.

Remove the lid, add the **garlic** and stir-fry for 1 min more. Season to taste with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm.

Wipe the frying pan clean with some kitchen paper - you'll use it to fry the **chicken**.



Prep the Veg

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

Zest and halve the **lemon**. Finely chop the **chives** (use scissors if easier). **TIP:** Discard any tough stalks from the **cavolo nero** at this stage.

In a small bowl, mix the **half** the **Cajun spice** mix with **half** the **chives**, **half** the **lemon zest**, a squeeze of **lemon juice** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and set the **chive dressing** to one side.



Fry your Cajun Chicken

When your **potatoes** have 15 mins left, put your (now empty) frying pan on medium-high heat (no oil).

Once hot, lay in the **marinated chicken**. Cook until golden brown, 5-6 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once cooked, transfer the **chicken** to a board, cover with foil and rest for a couple of mins.



Marinade Time

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick.

Put the **chicken** into a medium bowl and drizzle with the **olive oil for the marinade** (see pantry for amount). Season with **salt** and add the remaining **lemon zest** and **Cajun spice mix**.

Turn the **chicken** to coat all over, then set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Finish and Serve

When the **potatoes** are cooked, add them to your bowl of **cavolo nero** and roughly mash. Mix in a knob of **butter** (if you have any) and the remaining **chives**. Season to taste with **salt** and **pepper**.

Cut your **chicken** widthways into 2cm slices.

Serve your **mash** topped with the **chicken** and a drizzle of **chive dressing**.

Serve with the **mayo** (see pantry for amount) for dipping and any remaining **lemon** cut into **wedges** for squeezing over.

Enjoy!

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