



Chicken in Plum Hoisin Sauce with Spring Onion Mash and Garlic Cabbage

Classic 30-35 Minutes • 1 of your 5 a day

8



Plum



Garlic Clove



Potatoes



Spring Onion



Chicken Breast Skin-On



Shredded Savoy Cabbage



Honey



Chicken Stock Paste



Hoisin Sauce

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools

Saucepan, garlic press, frying pan, baking tray, lid, bowl, aluminium foil, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Plum**	2	3	4
Garlic Clove**	1	2	2
Potatoes	450g	700g	900g
Spring Onion**	1	2	2
Chicken Breast Skin-On**	2	3	4
Shredded Savoy Cabbage**	150g	200g	300g
Honey	15g	30g	30g
Chicken Stock Paste	10g	15g	20g
Hoisin Sauce 11)	32g	48g	64g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2560 /612	447 /107
Fat (g)	21.1	3.7
Sat. Fat (g)	8.5	1.5
Carbohydrate (g)	63.6	11.0
Sugars (g)	24.3	4.2
Protein (g)	48.2	8.4
Salt (g)	2.1	0.36

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

Allergens

11) Soya

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.

Contact

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Get Prepped

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

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **potatoes**.

Halve the **plums**, remove the stone and chop the flesh into 4 pieces. Peel and grate the **garlic** (or use a garlic press).

Chop the **potatoes** into 2cm chunks (no need to peel). Trim and thinly slice the **spring onion**.



Make your Plum Sauce

Meanwhile, melt the **butter** (see pantry for amount) in the (now empty) frying pan on medium-high heat.

Once hot, add the **plums** and fry, turning occasionally, until softened, 2-3 mins.

Stir in the **honey, chicken stock paste, hoisin sauce** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 4-5 mins, then remove from the heat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Cook the Chicken

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once the **oil** is hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**. Fry until the **skin** is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to a baking tray, skin-side up, then roast on the top shelf of your oven until cooked, 18-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Mash the Potatoes

Drain the **cooked potatoes** in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Season with **salt** and **pepper** and stir in the **spring onion**. Cover with a lid to keep warm.

Once the **chicken** is cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



Bring on the Cabbage

Pop the (now empty) frying pan on medium-high heat with a drizzle of **oil** if it's a little dry.

Once hot, add the **cabbage** and season with **salt** and **pepper**.

Stir fry until slightly softened, 3-4 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **cabbage** is tender, 2-3 mins more, then transfer to a bowl and cover to keep warm.



Finish and Serve

Taste the **plum sauce** and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

Once rested, slice the **chicken** into 2cm slices and transfer to your plates. Spoon over the **plum sauce**.

Serve with the **mash** and **cabbage** alongside.

Enjoy!