



'Rocket Ship' Chicken and Pepper Korma Skewers with Wedges and Pea Shoot Salad

LIGHTYEAR 35-45 Minutes • 1 of your 5 a day

7



Bamboo Skewers



Potatoes



Bell Pepper



Mango Chutney



Korma Style Paste



Chicken Fillet



Red Wine Vinegar



Pea Shoots

Pantry Items

Olive Oil, Mayonnaise



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

Before you start

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

Cooking tools

Baking tray and bowl.

Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Mango Chutney	1 sachet	2 sachets	2 sachets
Korma Style Paste 9)	1 sachet	2 sachets	2 sachets
Chicken Fillet**	2	3	4
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Pea Shoots**	40g	80g	80g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	561g	100g
Energy (kJ/kcal)	2570 /614	458 /109
Fat (g)	22.0	3.9
Sat. Fat (g)	2.9	0.5
Carbohydrate (g)	59.3	10.6
Sugars (g)	18.6	3.3
Protein (g)	45.3	8.1
Salt (g)	1.97	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 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, 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 Set for Adventure

Preheat your oven to 220°C/200°C fan/gas mark 7. Soak the **skewers** in cold **water** (this will prevent them from burning). Chop the **potatoes** into 2cm wide wedges (no need to peel). Halve the **pepper** and discard the core and seeds. Chop into 3cm chunks, cutting 1 piece per **skewer** into a **triangle** - these will make the tops of your rocket ships.



Rocket Ship Workshop

Thread the **chicken** and **pepper pieces** onto the **skewers** (2 per person), alternating between the two. Top with the **triangle pieces of pepper** to turn them into rockets! Transfer your **skewers** to a lightly oiled baking tray and discard any **marinade** left in the bowl. Roast on the middle shelf of your oven until cooked through, 15-20 mins. Turn halfway through. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**

Space Ranger Mission: *It's almost time for blast off! Little space rangers can help thread the chicken and pepper onto the skewers to build the rocket ships. Remember to wash everyone's hands once the skewers are assembled.*



Roast the Wedges

Pop the **potato wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like, 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.



Mix the Dressing

Meanwhile, put the **red wine vinegar** in another bowl with the **olive oil for the dressing** (see ingredients for amount). Add a pinch of **sugar** if you'd like. Season with **salt** and **pepper** if you'd like, then mix together. Set your **dressing** aside until you're ready to serve.



Marinade Time

While the wedges roast, combine the **mango chutney** and **korma style paste** in a medium bowl. Season with **salt** and **pepper** if you'd like, then mix together. Cut the **chicken breasts** into 3cm chunks, then add to the bowl of **marinade** along with the **chopped pepper pieces**. Mix to coat everything well. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**



Blast Off!

When everything is ready, add the **pea shoots** to the bowl of **dressing** and toss to coat. Pop your '**rocket ship**' skewers on plates with the **wedges** and **salad** alongside. Serve with some **mayonnaise** (see ingredients for amount) on the side for dipping.

Enjoy!

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