



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Southern Style Chicken and Sweet Potato Wedges

Sometimes you need to get inventive to get the nippers to try something new. Kids these days are wising up to the old 'hide-the-veg-in-the-pasta-sauce' trick, so we've been trying out a few sneaky ways to respin some decadent favourites. Tonight, we're taking southern fried chicken and giving it a total makeover.

35 mins

spicy

2.5 of your 5 a day

healthy



Sweet Potato (1)



Crème Fraîche (½ pot)



Smoked Paprika (¾ tsp)



Garlic Salt (½ tsp)



Turmeric (¾ tsp)



Chicken Breast (2)



Panko Breadcrumbs (50g)



Cherry Tomatoes (1 punnet)



Baby Gem Lettuce (1)


2 PEOPLE INGREDIENTS

- Sweet Potato, chopped
- Crème Fraîche
- Smoked Paprika
- Garlic Salt
- Turmeric

1
½ pot
¾ tsp
½ tsp
¾ tsp

- Chicken Breast
- Panko Breadcrumbs
- Cherry Tomatoes, halved
- Baby Gem Lettuce, sliced

2
50g
1 punnet
1

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The first recorded instance of the name 'sweet potato' was in the Oxford English Dictionary in 1775.

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	586 kcal / 2455 kJ	19 g	12 g	62 g	19 g	43 g	1 g
Per 100g	105 kcal / 439 kJ	3 g	2 g	11 g	3 g	8 g	0 g

2



1 Pre-heat your oven to 220 degrees. Cut the **sweet potato** in half lengthways. Chop each half lengthways again, into long wedges about the size of your index finger. **Tip:** *No need to peel!*

4



2 Put your **wedges** on a baking tray, drizzle over some **olive oil** and add a pinch of **salt** and a good grind of **black pepper**. Put them on the top shelf of your oven for 25 mins, or until they are nice and crispy.

3 In a bowl mix together the **crème fraîche**, the **smoked paprika** (add a bit less if you don't like paprika!), the **garlic salt** and the **turmeric**.

4 Coat each **chicken breast** in your **crème fraîche mixture**, then roll each **chicken breast** in the **breadcrumbs** to thoroughly coat them. Cook your **chicken** on a baking tray on the middle shelf of your oven for 20 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

5 Cut the **cherry tomatoes** in half and slice the **baby gem lettuce**. Mix them together with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Use your hands to toss your **salad**.

4



6 To get a really crunchy topping, you can grill your **chicken** for a few mins at the end. Like all meat, chicken is best when rested. Once your **chicken** is cooked, take it out of your oven and leave it for a few mins. This will allow all the juices inside to redistribute throughout the meat.

7 Serve your **chicken** with a side order of **sweet potato wedges** and a bit of **salad** for garnish. Not so naughty and very, very nice!

5



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!