



PORTUGUESE CHICKEN

with Caramelised Peach Salad & Garlic-Herb Roast Potato



Caramelize peach to bring out its sweetness



Potato



Garlic & Herb Seasoning



Garlic



Peach



Cucumber



Chicken Breast



Smoked Paprika



Spinach & Rocket Mix



Fetta

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Eat me early

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

This colourful feast packs flavour into every bite, with sweet and spicy chicken, crisp herby potato and a salad starring caramelised peach. You'll enjoy every bit of this summery meal!

Pantry Staples: Olive Oil, Brown Sugar, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper, add the **garlic & herb seasoning** and a **drizzle** of **olive oil**. Season with **pepper** and toss to coat. Roast until tender, **25-30 minutes**. **TIP:** Cut the potato to the correct size so it cooks in the allocated time!



4 CARAMELISE THE PEACH

While the chicken is resting, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **peach** wedges and a **pinch** of **sugar** and cook until golden and caramelised, **2-3 minutes** each side. Remove from the heat.



2 GET PREPPED

While the potato is roasting, finely chop the **garlic** (or use a garlic press). Slice the **peach** into 2cm wedges. Cut the **cucumber** into 1cm chunks. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **chicken, garlic, smoked paprika, brown sugar, the salt, a drizzle** of **olive oil** and a **pinch** of **pepper**.



5 PREPARE THE SALAD

In a large bowl, add the **spinach & rocket mix** and **cucumber**. Crumble in **1/2** the **fetta**. Add the **balsamic vinegar** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)** and toss to coat. Add the **peach** wedges and gently toss to combine. **TIP:** Try to keep the peach wedges whole.



3 COOK THE CHICKEN

When the potato has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest and cover to keep warm. **TIP:** The chicken is cooked when it is no longer pink inside.



6 SERVE UP

Thickly slice the Portuguese chicken. Divide the garlic-herb roast potato, chicken and caramelised peach salad between plates and crumble over the remaining fetta.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 sachet	2 sachets
garlic	1 clove	2 cloves
peach	1	2
cucumber	1	2
chicken breast	1 packet	1 packet
smoked paprika	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
salt*	¼ tsp	½ tsp
spinach & rocket mix	1 bag (60g)	1 bag (120g)
fetta	1 block (50g)	1 block (100g)
balsamic vinegar*	2 tsp	1 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2180kJ (521Cal)	378kJ (90Cal)
Protein (g)	49.7g	8.6g
Fat, total (g)	16.6g	2.9g
- saturated (g)	7.0g	1.2g
Carbohydrate (g)	39.2g	6.8g
- sugars (g)	11.3g	2.0g
Sodium (g)	1110mg	193mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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