



Crispy Chicken and Chilli & Chive Sauce with Spinach and Potatoes

Calorie Smart 20 Minutes • Under 600 Calories • Little Heat

15



Chicken Breast
(Skin On)



Potato



Baby Spinach



Red Chilli



Chives



Garlic Clove



Chicken Stock Powder



Crème Fraîche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Baking Tray, Saucepan and Colander.

Ingredients

| | 2P | 3P | 4P |
|----------------------------|--------------|--------------|---------------|
| Chicken Breast - Skin On** | 2 | 3 | 4 |
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Baby Spinach** | 1 small bag | 1 large bag | 2 small bags |
| Red Chilli** | ½ | ¾ | 1 |
| Chives** | 1 bunch | 1 bunch | 1 bunch |
| Garlic Clove | 1 | 1 | 2 |
| Chicken Stock Powder | ½ sachet | 1 sachet | 1 sachet |
| Water for the Sauce* | 50ml | 75ml | 100ml |
| Crème Fraîche 7)** | 150g | 225g | 300g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 523g | 100g |
| Energy (kJ/kcal) | 2402 /574 | 459 /110 |
| Fat (g) | 29 | 6 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 45 | 9 |
| Sugars (g) | 3 | 1 |
| Protein (g) | 45 | 9 |
| Salt (g) | 0.63 | 0.12 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Chicken

- Preheat your oven to 220°C, fill and boil your kettle.
- Heat a drizzle of **oil** in a frying pan on high heat, season the **chicken** with **salt** and **pepper**.
- Lay the **chicken** in the pan skin-side down. Fry until golden, 3-4 mins, then turn and cook for another minute on the other side.
- Put the **chicken** on a baking tray, skin-side up and roast on the top shelf of your oven until cooked, 12-15 mins. Keep the frying pan, you'll need it again soon. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Start the Sauce

- When hot, add the **chilli** and **garlic** to the pan and stir-fry for 1 minute.
- Add the **water** (see ingredients for amount) and **chicken stock powder** to the pan, bring to the boil and simmer until slightly reduced, 2 mins.
- Stir the **crème fraîche** into the pan along with three-quarters of the **chives**.
- Season to taste with **pepper**, then remove the pan from the heat.



Potato Time

- Meanwhile, fill a large saucepan with boiling **water** from your kettle and return to the boil with ½ tsp of **salt**.
- Chop the **potatoes** into 2cm chunks (no need to peel) and add to the pan.
- Cook until you can easily slip a knife through them, 12-15 mins, adding the **spinach** for the final minute of cooking.
- Drain in a colander and return to the pan with the lid on, off the heat.



Finish Up

- When the **chicken** is almost cooked, gently reheat the **sauce**. **TIP:** *Add a splash of hot water if it needs loosening.*
- Season the **spinach** and **potatoes** with a pinch of **salt** and **pepper**. **TIP:** *Add a knob of butter if you have any!*



Prep

- While the **potatoes** cook, halve, deseed and finely chop the **chilli**.
- Finely chop the **chives** (or use scissors). Peel and grate the **garlic** (or use a **garlic** press).
- Return the frying pan to a medium heat (no need to wash it).
- Add a drizzle of **oil** if the pan is dry.



Serve

- Divide the **spinach** and **potatoes** between your plates.
- Serve the **chicken breast** alongside and spoon the **chilli** and **chive sauce** all over.
- Finish with a sprinkling of remaining **chives**.

Enjoy!