



Crispy Chicken with Chilli & Chive Sauce, Spinach and Potatoes

Rapid 20 Minutes • Little Spice

11



Chicken Breast - Skin On



Potatoes



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:

Kettle, Frying Pan, Wooden Spoon, Baking Tray, Saucepan, Colander, Garlic Press, Measuring Jug.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	486g	100g
Energy (kJ/kcal)	2130/509	438/105
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	42	9
Sugars (g)	2	1
Protein (g)	45	9
Salt (g)	0.60	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

a) Preheat your oven to 220°C, fill and boil your kettle.

b) 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. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

c) Put the **chicken** on a baking tray, skin-side up, 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

a) When the pan is hot, add the **chilli** (add less if you don't like too much heat) and **garlic** to the pan and stir-fry for 1 minute.

b) 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.

c) 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

a) Meanwhile, fill a large saucepan with boiling **water** from your kettle and return to the boil with ½ tsp of **salt**.

b) 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.

c) Drain in a colander and return to the pan with the lid on, off the heat.



Finish Up

a) When the **chicken** is almost cooked, gently reheat the **sauce**. **TIP:** Add a splash of hot water if it needs loosening.

b) Season the **spinach** and **potatoes** with a pinch of **salt** and **pepper**. **TIP:** Add a knob of butter if you have any!



Prep

a) While the **potatoes** cook, halve, deseed and finely chop the **chilli**.

b) Finely chop the **chives** (or use scissors). Peel and grate the **garlic** (or use a garlic press).

c) Return the frying pan to a medium heat (no need to wash it). Add a drizzle of **oil** if the pan is dry.



Serve

a) Divide the **spinach** and **potatoes** between your plates.

b) Serve the **chicken breast** alongside and spoon the **chilli** and **chive sauce** all over.

c) Finish with a sprinkling of remaining **chives**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.