



Firecracker Fried Chicken

with Salt and Pepper Chips and Tenderstem Broccoli

Street Food 45 Minutes • Medium Spice • 1 of your 5 a day

32



Potatoes



Bell Pepper



Spring Onion



Garlic Clove



Black Peppercorns



Panko Breadcrumbs



Cornflour



Ground Ginger



Soy Sauce



Chicken Thighs



Tenderstem Broccoli



Chinese Five Spice



Szechuan Paste

Before you start

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

Cooking tools, you will need:

Garlic Press, Wide Baking Tray, Large Bowl, Whisk, Frying Pan

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper**	1	2	2
Spring Onion**	2	3	4
Garlic Clove**	2	3	4
Black Peppercorns	1 sachet	1 sachet	2 sachets
Panko			
Breadcrumbs 13)	50g	75g	100g
Cornflour	50g	70g	100g
Ground Ginger	1 sachet	1 sachet	2 sachets
Water for the Chicken*	50ml	75ml	100ml
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Chicken Thighs**	4	6	8
Tenderstem Broccoli**	150g	200g	300g
Chinese Five Spice	1 pot	1 pot	1 pot
Szechuan Paste 11)	50g	75g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	676g	100 g
Energy (kJ/kcal)	3371/806	499/119
Fat (g)	26	4
Sat. Fat (g)	7	1
Carbohydrate (g)	96	14
Sugars (g)	9	1
Protein (g)	48	7
Salt (g)	1.86	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 13) Gluten

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** lengthways into 2cm slices, then chop into 2cm wide **chips** (no need to peel). Halve the **pepper** and discard the core and seeds. Slice into thin strips then chop into roughly 1cm pieces. Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Bash the sachet of **peppercorns** with the back of a pan until crushed.



Fry the Chicken

While the **oil** gets hot, add the **chicken** to the **cornflour mixture** so all pieces are completely covered. Then, dip it in the **breadcrumbs** to coat on both sides. Pop on a plate then repeat with the rest. Once the **oil** is hot, carefully lay the **chicken** in the pan and fry until golden brown, 3-4 mins on each side. **TIP: Careful not to burn yourself on the hot oil, turn the heat down if the chicken is burning. IMPORTANT: Remember to wash your hands and equipment after handling raw meat.**



Bake the Chips

Pop the **chips** on a large, low sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **Tip: Use two baking trays if necessary, you want the potatoes nicely spread out.**



Finish the Chicken

Pop the **chicken** on one end of a large baking tray and place the **Tenderstem** on the other end. Drizzle a little **oil** over the **Tenderstem** and season with **salt** and **pepper**. When your **chips** are halfway through cooking, place the baking tray with **chicken** and **broccoli** onto the middle shelf of the oven until everything is cooked, 12-15 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Prep the Chicken

Pop the **panko breadcrumbs** into a large bowl and season with **salt** and **pepper** then mix. Add the **cornflour, ginger, water** (see ingredients for amount), **soy sauce** (see ingredients for amount) to another large bowl. Season with **salt** and **pepper** and whisk until well combined. Heat approx 1-2cm of **oil** in a frying pan on high heat. **TIP: You want the oil to be nice and hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.**



Finish Off

Carefully set the hot **oil** aside and dispose once cool. Pop another frying pan onto a medium-high heat with a drizzle of **oil**. When hot, add the **bell pepper** and stir-fry until slightly charred, 4-5 mins. Season with **salt**, add the **garlic, spring onion, Chinese five spice** and **crushed peppercorns**. Stir and cook for 1-2 mins, then remove from the heat. Once the **chips** are cooked, remove them from oven and add the **pepper mixture** to the tray, mix everything together. Serve the **chicken** with the **salt** and **pepper chips** and **broccoli** on the side. Pop the **Szechuan sauce** into a little bowl for dipping.

Eniou!

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.