



HERBY ITALIAN CHICKEN

with Roasted Sweet Potato and Vine Tomato Salad



NUTRITIONIST APPROVED



HELLO SWEET POTATO

Sweet potatoes are lower in carbohydrate compared to white potatoes and slightly higher in protein. However both potatoes can be easily incorporated into any dish, as part of a 'balanced' diet.



Sweet Potato



Italian Style Herbs



Vine Tomato



Coriander



Balsamic Vinegar



Chicken Breast

MEAL BAG

19

Hands on: 20 mins
Total: 30 mins

2 of your
5 a day

High Protein

Balanced

Under
550 calories

Low in salt

Delicious sweet potatoes are a non-starchy carbohydrate, meaning they count towards your 5-a-day, making them a great thing to include in a balanced diet. In this comforting and wholesome recipe, Chef Megan has paired sweet potato mash with pan-fried chicken fillets and a fresh Italian-inspired tomato salad for a winning weeknight dish. Quick, simple, and packed with good-for-you ingredients.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Large Baking Tray**, **Mixing Bowl**, **Large Frying Pan**, some **Foil** and a **Potato Masher**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel) and put on a large lined baking tray with **half** the **Italian style herbs** sprinkled over, a drizzle of **oil** and a pinch of **salt** and **pepper**. Toss to combine then spread out and roast on the top shelf until cooked and golden. Turn halfway through cooking.



2 MAKE THE SALAD

While the potato cooks, make the **salad**. Roughly chop the **tomato** into 2cm chunks. Roughly chop the **coriander** (stalks and all). Add the **tomato**, **three-quarters** of the **coriander**, the **balsamic vinegar** and a pinch of **salt** and **pepper** to a mixing bowl. Toss well to combine and set aside.



3 FRY THE CHICKEN

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with the remaining **Italian style herbs** and a pinch of **salt** and **pepper**, then add to the pan and fry, turning every few mins to avoid burning, 15-18 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Once cooked, transfer to a plate, cover with foil and leave to rest.



4 CARVE THE CHICKEN

Once rested, slice each **chicken breast** into four pieces. Get your plates and get ready to serve!



5 CRUSH THE POTATO

When the **sweet potato** is ready, use a fork or potato masher to roughly crush. Taste and add **salt** and **pepper** if necessary.



6 PLATE UP AND EAT!

Divide the crushed **sweet potato** between plates, top with the **chicken** and add the **tomato salad** on the side. Sprinkle the remaining **coriander** on top and get stuck in! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	2 small	3 small	4 small
Italian Style Herbs	½ pot	¾ pot	1 pot
Vine Tomato	2	3	4
Coriander *	1 bunch	1 bunch	1 bunch
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Chicken Breast *	2	3	4

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 513G	PER 100G
Energy (kJ/kcal)	1782 / 426	347 / 83
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	57	11
Sugars (g)	18	3
Protein (g)	42	8
Salt (g)	0.47	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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