



Pan-Fried Chicken

with Spring Onion Mash, Roasted Bok Choy and Plum Hoisin Sauce

Calorie Smart 35 Minutes • Under 600 Calories • 1 of your 5 a day

6



Potatoes



Garlic Clove



Chicken Breast



Bok Choy



Plum



Spring Onion



Chicken Stock Powder



Hoisin Sauce

Before you start

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

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Frying Pan, Baking Tray, Measuring Jug, Aluminium Foil, Colander and Potato Masher.

Ingredients

| | 2P | 3P | 4P |
|----------------------|--------------|--------------|---------------|
| Potatoes** | 1 small pack | 1 large pack | 2 small packs |
| Garlic Clove** | 2 cloves | 3 cloves | 4 cloves |
| Chicken Breast** | 2 | 3 | 4 |
| Bok Choy** | 2 | 3 | 4 |
| Plum** | 1 | 2 | 2 |
| Spring Onion** | 1 | 2 | 2 |
| Water for the Sauce* | 75ml | 100ml | 150ml |
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Chicken Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Hoisin Sauce 3) 11) | 1 sachet | 1½ sachets | 2 sachets |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 585g | 100g |
| Energy (kJ/kcal) | 1989/476 | 340/81 |
| Fat (g) | 8 | 1 |
| Sat. Fat (g) | 2 | 0 |
| Carbohydrate (g) | 56 | 10 |
| Sugars (g) | 14 | 2 |
| Protein (g) | 46 | 8 |
| Salt (g) | 1.82 | 0.31 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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1 Boil the Potatoes and Garlic

Preheat your oven to 200°C, bring a large saucepan of **water** to the boil with 0.25 tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). Peel the **garlic clove(s)**. Add the **potatoes** and the **garlic** to the **boiling water** and simmer until tender, 15-20 mins. Once cooked, drain in a colander and pop back in your pan.



2 Cook the Chicken

Next, pop a frying pan on medium-high heat (no oil). Season the **chicken** with **salt** and **pepper**. Once hot, lay the **chicken** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn and cook for 1 minute on the flesh side to seal the meat. **IMPORTANT:** *Wash your hands after handling raw meat.* Transfer to a large baking tray skin-side up and roast on the top shelf of your oven until cooked, 15-20 mins.



3 Prep the Rest

Trim the root of the **bok choy** and separate the leaves. Halve the **plums**, remove the stone and slice the flesh of each **plum** into 12 thin **wedges**. Trim the **spring onion** and thinly slice. When the chicken has had 5 minutes in the oven, add the **bok choy** to the baking tray, around the **chicken breasts** (not covering), drizzle a little **oil** over the top, season with **salt** and **pepper** and return to the oven for the remaining cooking time, 10-15 mins.



4 Make the Sauce

Pop your frying pan back on medium-high heat (no need to wash). Add a drizzle of **oil** if the pan is dry, then add the **plums** to the pan and fry, turning them every minute until softened, 2-3 mins. Pour in the **water** and add the **sugar** (see ingredients for both amounts), **chicken stock powder** and **hoisin sauce**. Bring to the boil, then reduce the heat slightly and gently simmer until thickened, 3-5 mins. **TIP:** *Add a splash of water if it thickens too much.* Once cooked, set aside.



5 Finish Off

Once the the **chicken** and **bok choy** are cooked, remove from your oven, cover the tray with some foil and leave to rest for 5-6 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



6 Finish and Serve

Once the **potatoes** are cooked and back in their pan, add the **spring onion** along with a knob of **butter** and splash of **milk** (if you have some). Season with **salt** and **pepper** and then mash. Cover with a lid to keep warm. Reheat the **plum sauce** with a splash of **water** if you need to. Pile the **mash** onto plates, top with the **chicken breast** and share the **bok choy** alongside. Spoon the **hoisin plum sauce** over the **chicken**.

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.