



Chilli Chive Roast Chicken

with baby spinach and potatoes

Calorie Smart 25-30 mins • Optional spice

16



Chicken Breast



Potatoes



Baby Spinach



Chilli



Chives



Garlic



Chicken Stock



Creme Fraiche

Pantry Items: Oil, Salt, Pepper, Water, Butter



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, grater, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	3 units	6 units
Baby Spinach	120 g	240 g
Chilli	½ unit	1 unit
Chives	10 g	20 g
Garlic	1 unit	2 units
Chicken Stock	1 sachet	2 sachets
Creme Fraiche	65 g	110 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	565.8 g	100 g
Energy (kJ/kcal)	2523 kJ/ 603 kcal	445.9 kJ/ 106.6 kcal
Fat (g)	20.4 g	3.6 g
Sat. Fat (g)	7.9 g	1.4 g
Carbohydrate (g)	63.7 g	11.3 g
Sugars (g)	5.8 g	1 g
Protein (g)	43.2 g	7.6 g
Salt (g)	4.1 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Roast the Chicken

- Heat oven to 220°C/200°C fan/gas mark 7.
- Place pan over high heat with a drizzle of **oil**.
- Season **chicken** with **salt** and **pepper**.
- Fry 3-5 mins on each side.
- Place on a lined baking tray. Cook on top shelf of oven, 10-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken. Chicken is cooked when no longer pink in the middle.

TIP: Notice a stronger smell from your chicken? Don't worry, this is due to packaging used to keep it fresh.



Prep the Veg

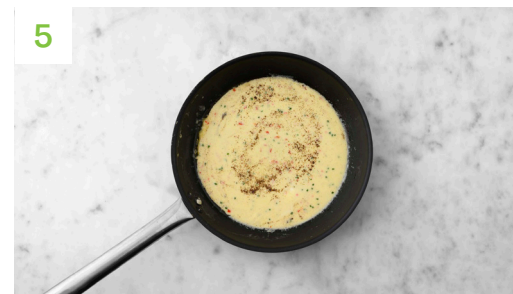
- Meanwhile, halve the **chilli** lengthways. Deseed and finely chop **half** (double for 4p).
- Finely chop the **chives** (use scissors if you prefer).
- Peel and grate the **garlic** (or use a garlic press).
- When 5 mins of cooking time remain for the **chicken**, return the (now empty) pan to medium heat with a drizzle of **oil**.



Cook the Potatoes

- Meanwhile, boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water** and cook until fork tender, 12-18 mins.
- When 1 min of cooking time remains add the **spinach** to the **water** with the **potatoes** to allow to wilt.

TIP: If you're in a hurry you can boil the water in your kettle.



Simmer the Sauce

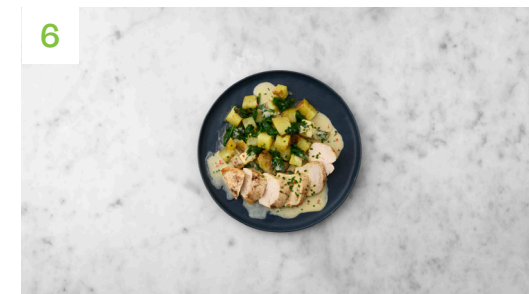
- When the pan is hot, fry the chopped **chilli** (use less if you don't like spice) and **garlic** until fragrant, 1 min.
- Add 75ml **water** (double for 4p) and **chicken stock powder**.
- Bring to the boil and simmer until slightly reduced, 2-3 mins.
- Stir the **creme fraiche** into the pan along with **half** the **chives**.
- Season to taste with **pepper** then remove the pan from the heat.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.



Season the Spinach

- Once **potatoes** and **spinach** are cooked, drain in a colander and return to the pot, off the heat.
- Season the **spinach** and **potatoes** with a pinch of **salt** and **pepper** and 1 tbs **butter** (double for 4p).
- Mix carefully to combine.
- Cover to keep warm.



Garnish and Serve

- Divide the **spinach** and **potatoes** between plates.
- Thinly slice the **chicken** and serve alongside.
- Spoon the **chilli chive** sauce over the top.
- Finish with a sprinkling of remaining **chives**.

Enjoy!