

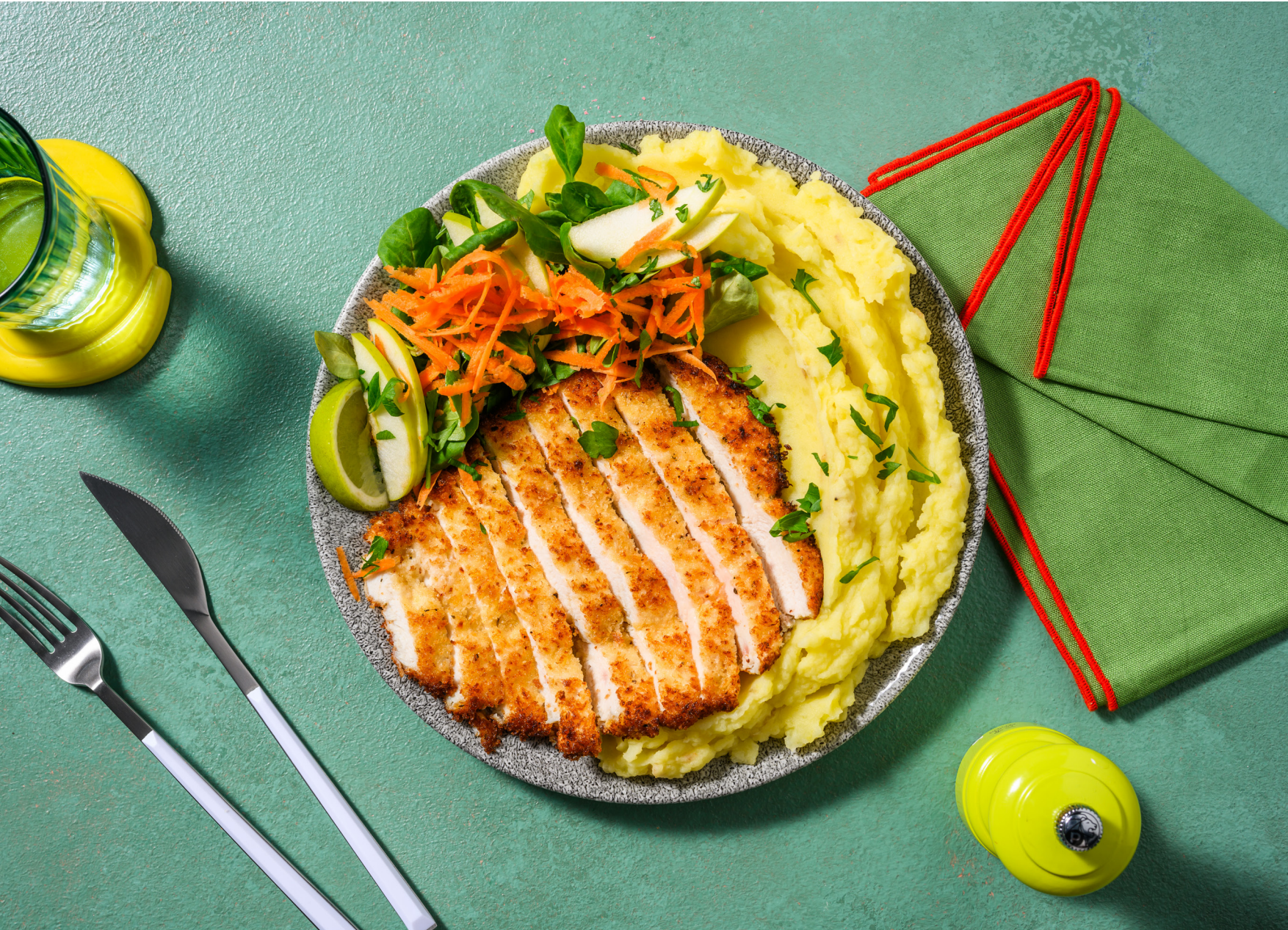


Cajun Fried Chicken

with creamy mash and zesty shredded salad

Family 30-35 mins • Egg(s) not included

4



Chicken Breast



Lime



Cajun Spice Mix



Carrot



Parsley



Breadcrumbs



Apple



Salad Leaves



Potatoes

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



Rate your recipe!

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

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Lime	1 unit	2 units
Cajun Spice Mix	2 sachets	4 sachets
Carrot	1 unit	2 units
Parsley	5 g	10 g
Breadcrumbs	1 pack	2 packs
Apple	1 unit	2 units
Salad Leaves	40 g	80 g
Potatoes	3 units	6 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	682.5 g	100 g
Energy (kJ/kcal)	2815.8 kJ/ 673 kcal	412.6 kJ/ 98.6 kcal
Fat (g)	12.9 g	1.9 g
Sat. Fat (g)	2.9 g	0.4 g
Carbohydrate (g)	99 g	14.5 g
Sugars (g)	14.3 g	2.1 g
Protein (g)	44 g	6.4 g
Salt (g)	2.9 g	0.4 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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1 Make the Mash

- Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** to the **water**, lower heat to medium and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a little **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

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



4 Cook the Chicken

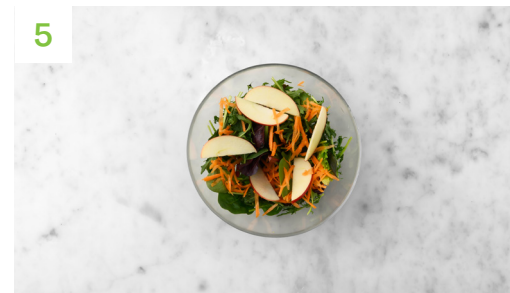
- Place a large pan over medium-high heat with enough **oil** to cover the bottom.
- Once hot, carefully lay the **chicken** into the pan and reduce the heat to medium-high.
- Fry until golden brown and cooked through, 8-10 mins.
- Turn every 2-3 mins, adjusting the heat if necessary. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

TIP: Allow the oil to get nice and hot so the chicken fries properly.



2 Get Prepped

- Meanwhile, quarter the **lime**.
- Roughly chop the **parsley** (stalks and all).
- Trim and grate the **carrot** (no need to peel).
- In a deep plate or large bowl, mix the **breadcrumbs** with the **Cajun spice**, $\frac{1}{4}$ tsp **salt** (double for 4p) and **pepper**.
- Beat 1 **egg** (double for 4p) in a separate deep plate or large bowl.



5 Assemble the Salad

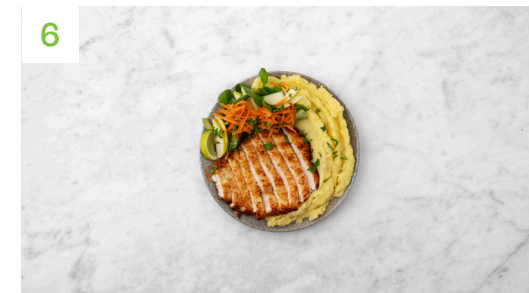
- Quarter, core and thinly slice the **apple** (no need to peel).
- To make your dressing, mix 1 tbsp **lime** juice (double for 4p), **salt**, **pepper** and a drizzle of **oil** in a medium bowl.
- Add the **carrot**, **salad leaves**, **apple** and **half** the **parsley**.
- Toss together until everything is coated in the dressing.



3 Coat the Chicken

- Place your hand flat on top of the **chicken** and cut horizontally from thick end to thin point until there's 2cm left (don't slice all the way through). **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Open it up like a book.
- Dip **chicken** first in **egg** then in **breadcrumbs**.
- Transfer to a clean plate.

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



6 Garnish and Serve

- Arrange the mashed **potato**, **chicken** and salad on plates.
- Top with remaining **parsley**.

Enjoy!