

Chilli Spiced Chicken and Chips

with peppers, onion and curry sauce

Calorie Smart 35 – 40 mins • Egg(s) not included • Spicy

20



Chicken Breast



Korma Curry Paste



Paprika



Chicken Stock



Breadcrumbs



Bell Pepper



Chilli



Onion



Harissa Spice Mix



Potatoes

Pantry Items: Salt, Pepper, Water, Oil, Flour, Egg



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

Baking sheet with baking paper, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Korma Curry Paste	1 sachet	2 sachets
Paprika	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Breadcrumbs	1 pack	2 packs
Bell Pepper	1 unit	2 units
Chilli	1 unit	2 units
Onion	1 unit	2 units
Harissa Spice Mix	1 sachet	2 sachets
Potatoes	600 g	1200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	671.5 g	100 g
Energy (kJ/kcal)	2570 kJ/ 614 kcal	383 kJ/ 91 kcal
Fat (g)	8.5 g	1.3 g
Sat. Fat (g)	2.5 g	0.4 g
Carbohydrate (g)	91.2 g	13.6 g
Sugars (g)	14 g	2.1 g
Protein (g)	46.2 g	6.9 g
Salt (g)	3.5 g	0.5 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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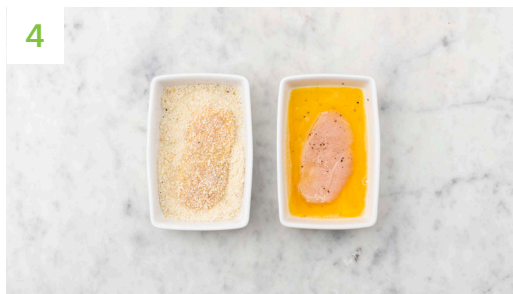
You can recycle me!



Cook the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (peeling optional).
- Pop the chips onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **half** the **harissa spice**, then toss to coat. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Crumb the Chicken

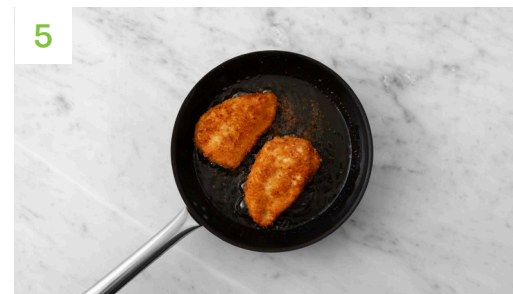
- Place a hand on the **chicken** and slice horizontally to make two thin **steaks**. Season with **salt** and **pepper**.
- Beat 1 **egg** (double for 4p) in a bowl.
- Pop **breadcrumbs** and **paprika** in another bowl. Season with **salt** and **pepper**.
- Dip the **chicken** first in **egg** then **breadcrumbs**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? This is normal due to packaging used to keep it fresh!



Prep the Veg

- Thinly slice the **chilli** at an angle widthways.
- Halve, peel and thinly slice the **onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **pepper** and **onion** onto a lined baking tray. Drizzle with **oil**, season with **salt** and the remaining **harissa spice mix**. Toss to coat.
- When the **potatoes** have been cooking for 10-15 mins, pop the veg into the oven to cook for the remaining time, 12-15 mins.



Fry the Chicken

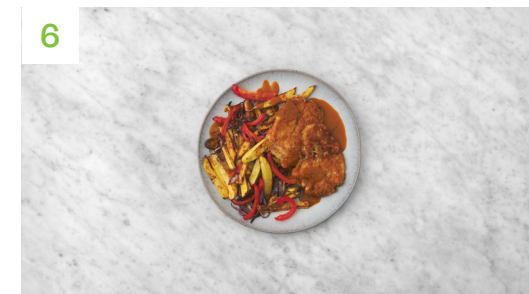
- Place a large pan over high heat with just enough **oil** to cover the bottom.
- Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden brown and cooked through, 8-10 mins.
- Turn every 2-3 mins, adjusting the heat if necessary. **IMPORTANT:** Chicken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

TIP: Allow the oil to get nice and hot before frying to the chicken and crisp up nicely.



Make the Curry Sauce

- Place a pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **korma curry paste** until fragrant, stirring continuously, 1 min.
- In a bowl, mix **stock**, 1 tbs **flour** and 150ml cold **water** (double both for 4p).
- Once combined, stir the mixture into the pot and bring to a boil.
- Simmer until it thickens to the consistency of curry sauce. Once thickened, remove from the heat and cover to keep warm. Reheat before serving if necessary.



Finish and Serve

- Toss the roast veg and chips together then divide between plates.
- Top with the crumbed **chicken**, curry sauce and sliced **chilli**.
- Serve any remaining sauce alongside for dipping.

Enjoy!