



# Smoky Chipotle Chicken

with coriander, spiced potatoes and charred veg

Calorie Smart 40 – 45 mins • Spicy

20



Chicken Breast



Potatoes



Onion



Creme Fraiche



Central American Style Spice Mix



Chipotle Paste



Garlic



Coriander



Bell Pepper

Pantry Items: Salt, Oil, Pepper



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, grater

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	600 g	1200 g
Onion	1 unit	2 units
Crème Fraîche	65 g	110 g
Central American Style Spice Mix	2 sachets	4 sachets
Chipotle Paste	1 sachet	2 sachets
Garlic	2 units	4 units
Coriander	5 g	10 g
Bell Pepper	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>659 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2387 kJ/ 571 kcal	362 kJ/ 87 kcal
Fat (g)	13.8 g	2.1 g
Sat. Fat (g)	6.9 g	1 g
Carbohydrate (g)	71.9 g	10.9 g
Sugars (g)	13.4 g	2 g
Protein (g)	43.4 g	6.6 g
Salt (g)	2.6 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.

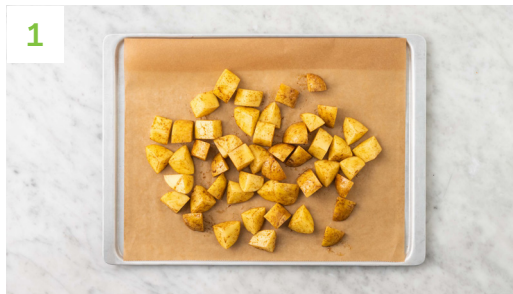
## Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



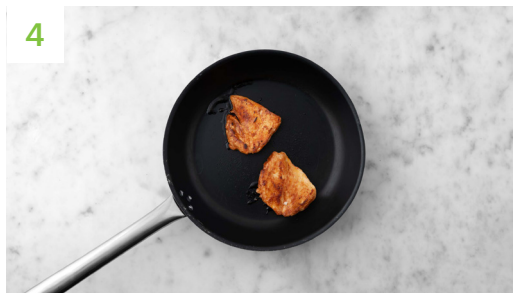
You can recycle me!



## Roast the Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (unpeeled).
- Pop onto a large (lined) baking tray.
- Toss with **Central American spice mix, salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer. Once the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

**TIP:** Use two baking trays if necessary.



## Cook the Chicken

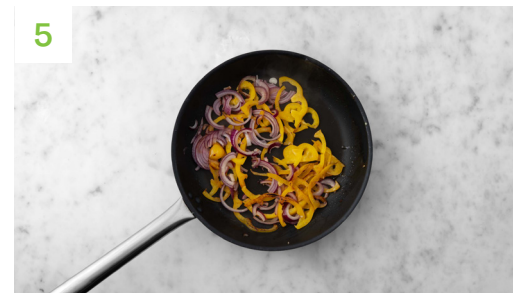
- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken steaks** and season with **salt and pepper**.
- Fry until cooked through, 3-6 mins on each side (cook in batches if the pan is getting crowded). **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- When cooked, remove from the pan and cover to keep warm.



## Coat the Chicken

- Place your hand on top of the **chicken**. Slice through horizontally to make two **steaks**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Add the **chicken** to a bowl with a drizzle of **oil** and **half the chipotle paste**.
- Season with **salt and pepper**.
- Mix to coat and leave aside to marinate.

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



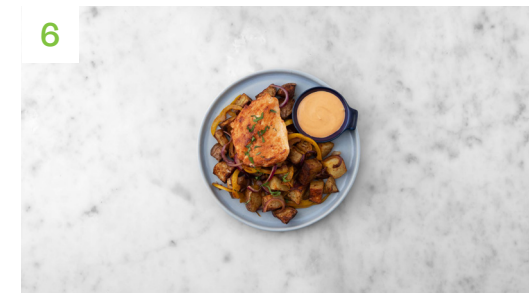
## Soften the Veg

- Return the pan to medium-high heat and add a drizzle of **oil** (no need to wash out the pan).
- When the **oil** is hot, fry the **pepper and onion** until softened and slightly charred, 6-8 mins.
- Add the **garlic** and cook for 1 min more.
- Season to taste with **salt and pepper** then remove the pan from the heat.



## Get Prepped

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and thinly slice the **onion**.
- Roughly chop the **coriander** (stalks and all).
- In a small bowl, mix the **crème fraîche** and remaining **chipotle paste**.



## Finish and Serve

- Toss the **pepper, onion** and spiced **potatoes** together.
- Serve the smoky chipotle **chicken** alongside with a dollop of chipotle **crème fraîche**.
- Finish with a sprinkling of chopped **coriander**.

Enjoy!