



Thai Style Peanut Chicken

with wedges and green beans

Calorie Smart 35 – 40 mins

16



Chicken Breast



Green Beans



Thai Style Spice Mix



Sweet Chilli Sauce



Peanut Butter



Ketjap Manis



Potatoes

Pantry Items: Salt, Pepper, Oil



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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

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Green Beans	150 g	300 g
Thai Style Spice Mix	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets
Peanut Butter	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets
Potatoes	600 g	1200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	591.8 g	100 g
Energy (kJ/kcal)	2489.5 kJ/ 595 kcal	420.7 kJ/ 100.5 kcal
Fat (g)	12.8 g	2.2 g
Sat. Fat (g)	2.7 g	0.5 g
Carbohydrate (g)	77.1 g	13 g
Sugars (g)	21.3 g	3.6 g
Protein (g)	49.9 g	8.4 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

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 Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (peeling optional).
- Pop the wedges onto a large (lined) baking tray.
- Toss with **half** the **Thai spice, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When 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.



Dish Up

- Divide the roast **potatoes, green beans** and **chicken** between plates.
- Serve with the **peanut** sauce alongside for dipping.

Enjoy!



Cook the Chicken

- Lay the **chicken** onto another lined baking tray.
- Drizzle with **oil** and season with remaining **Thai spice, salt** and **pepper**.
- Roast on the middle shelf of the oven until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

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



Roast the Veg

- Trim the **green beans**.
- When the **chicken** has been cooking for 15 mins, spread the **green beans** out on the tray alongside the **chicken**.
- Drizzle with **oil** then season with **salt** and **pepper**.
- Return to the oven for the remaining cooking time, 10-15 mins.
- In a small bowl, mix the **ketjap manis, sweet chilli sauce** and **peanut butter**.

Little chef's TIP: Kids can help to mix together the sauces.