



Thai Style Peanut Chicken

with wedges and green beans

35 – 40 mins

16



Irish Chicken Breast



Green Beans



Thai Style Spice Mix



Sweet Chilli Sauce



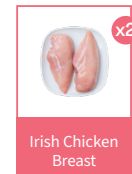
Peanut Butter



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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Irish 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
Irish Chicken Breast	640 g	1280 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	420.7 kJ / 100.5 kcal	433 KJ / 103 kcal
Fat (g)	2 g	2 g
Sat. Fat (g)	0.4 g	0.4 g
Carbohydrate (g)	13.1 g	10.3 g
Sugars (g)	3.6 g	2.8 g
Protein (g)	8.4 g	11.7 g
Salt (g)	0.3 g	0.2 g

See site or app for detailed nutritional info.


Allergens

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

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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 !

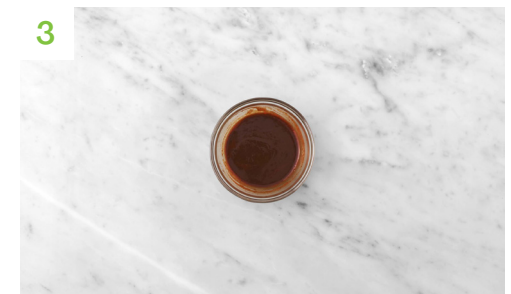


Cook the Chicken

- 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.