



Sweet Chilli Chicken

with chips and side salad

25 – 30 mins

2



Diced Irish Chicken Breast



Breadcrumbs



Red Wine Vinegar



Salad Leaves



Mayo



Carrot



Sweet Chilli Sauce



Aioli



Potatoes

Pantry Items: Sugar, Oil, Salt, Pepper



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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, grater

Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Breadcrumbs	1 pack	2 packs
Red Wine Vinegar	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Mayo	1 sachet	2 sachets
Carrot	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets
Aioli	1 sachet	2 sachets
Potatoes	600 g	1200 g

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	487.9 kJ/ 116.6 kcal
Fat (g)	3.6 g
Sat. Fat (g)	0.5 g
Carbohydrate (g)	15 g
Sugars (g)	3.3 g
Protein (g)	6.6 g
Salt (g)	0.3 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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Cook the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm chips (peeling optional). Pop the chips onto a large (lined) baking tray.
- Drizzle with **oil**, season well with **salt** and **pepper**, 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 halfway through.

TIP: Use two baking trays if necessary.



Make the Dressing

- Meanwhile, trim and coarsely grate the **carrot** (no need to peel).
- In a large bowl for the salad, mix together the **vinegar**, **mayo** and 1 tsp **sugar** (per 2P).
- Season with **salt** and **pepper**.
- Just before serving, add the **salad leaves** and **carrot** to the bowl with the dressing and toss to coat.



Coat the Chicken

- Meanwhile, add the **chicken**, **breadcrumbs** and **half the aioli** to a medium bowl.
- Toss to fully coat each piece of **chicken**. **IMPORTANT:** Wash hands and equipment after handling raw **chicken** and its packaging.
- Season with **pepper**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



Add the Sauce

- Toss the cooked **chicken** in the **sweet chilli sauce** and remaining **aioli**.
- Season with a pinch of **salt** and **pepper**.

TIP: If cooking for kids you can reduce the heat in this recipe by using less sweet chilli sauce.



Cook the Chicken

- Arrange the **chicken** in a single layer on a separate lined baking tray.
- Drizzle a little **oil** over the **chicken**.
- Bake in the oven until the **chicken** is cooked through and crispy, 16-20 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Finish and Serve

- Divide the **sweet chilli chicken** between plates.
- Serve the chips and **carrot** salad alongside.

Enjoy!