



# Golden Fried Chicken and Cheesy Chips

with tomato and pepper salsa salad

Family 30-35 mins

5



Diced Chicken Breast



Grated Cheese



Potatoes



Breadcrumbs



Paprika



Ketchup



Bell Pepper



Tomato

Pantry Items: Egg, Salt, Pepper, Oil

## 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
Diced Chicken Breast	260 g	520 g
Grated Cheese	50 g	100 g
Potatoes	3 units	6 units
Breadcrumbs	1 pack	1 pack
Paprika	1 sachet	2 sachets
Ketchup	2 sachets	4 sachets
Bell Pepper	1 unit	2 units
Tomato	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	611.5 g	100 g
Energy (kJ/kcal)	2761.4 kJ/ 660 kcal	451.6 kJ/ 107.9 kcal
Fat (g)	20 g	3.3 g
Sat. Fat (g)	8.2 g	1.3 g
Carbohydrate (g)	79.3 g	13 g
Sugars (g)	10.9 g	1.8 g
Protein (g)	43.9 g	7.2 g
Salt (g)	3.6 g	0.6 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



## Cook the Chips

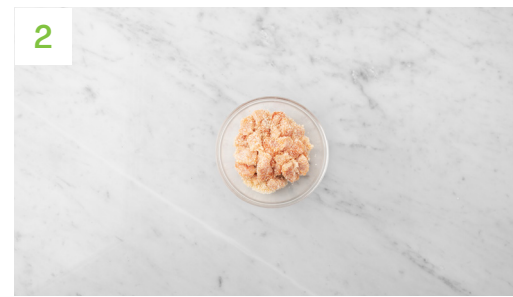
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm chips (no need to peel).
- Pop the chips onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.

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



## Prep the Veg

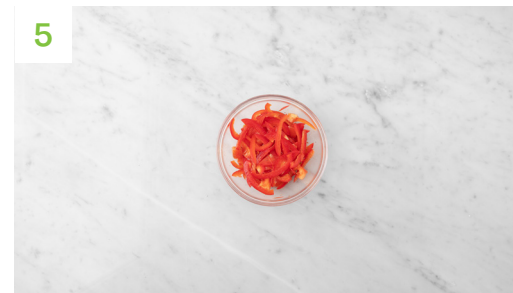
- Meanwhile, chop the **tomato** into 2cm chunks.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.



## Coat the Chicken

- Beat 1 **egg** (double for 4p) in a bowl with a pinch of **salt** and **pepper**.
- To another bowl, add **breadcrumbs** and **paprika**. Season with **salt** and **pepper** and mix.
- Toss **chicken** first in **egg**, then in **breadcrumbs**, ensuring it's completely coated. **IMPORTANT:** Wash hands after handling chicken and its packaging. Discard any remaining egg.

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



## Finishing Touches

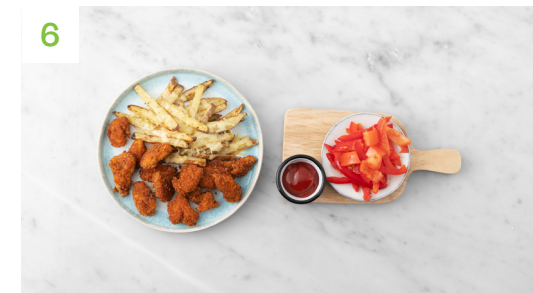
- In a bowl for the salad, toss the **chopped tomato** and **pepper** together with a drizzle of **oil**. Season to taste with **salt** and **pepper**.
- When 3 mins of cooking time remain for the chips, remove from the oven and scatter over the **cheese**.
- Cook until melted, 2-3 mins.



## Fry the Chicken

- Place a large pan over medium-high heat with enough **oil** to coat the bottom.
- Once hot, fry the **chicken** until golden brown and cooked through, 8-10 mins. Turn every 2-3 mins.
- Once cooked, transfer the **chicken** to a plate lined with kitchen paper. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

**TIP:** Make sure the oil is hot so the chicken fries properly!



## Serve and Enjoy

- Share the cheesy chips and crunchy **chicken** between plates.
- Serve with the refreshing salsa.
- Add **ketchup** on the side for dipping.

**Enjoy!**