



More Than Food
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Undercover Southern Style Chicken and Sweet Potato Chips

Why undercover? Because sometimes you need to get inventive to get the nippers to try something new. Kids these days are wising up to the old 'hide-the-veg-in-the-pasta-sauce' trick so we've been trying out a few sneaky ways to re-spin some decadent favourites. Tonight we're taking the 'colonel's' recipe and giving it a total nutritional make-over. Who knew that healthy could be so deceptively delish?!



35 mins



family box



healthy



Sweet Potato (2)



Crème Fraîche
(1 small pot)



Smoked Paprika
(1 tsp)



Garlic Salt (1 tsp)



Turmeric (1 tsp)



Chicken Breast (4)



Panko Breadcrumbs
(½ cup)



Cherry Tomatoes
(1 punnet)



Baby Gem Lettuce (2)

Ingredients	2P	4P	
Sweet Potato, chopped	-	2	
Crème Fraîche 1	-	1 small pot	
Smoked Paprika	-	1 tsp	
Garlic Salt	-	1 tsp	
Turmeric	-	1 tsp	
Chicken Breast	-	4	
Panko Breadcrumbs 2	-	½ cup	
Cherry Tomatoes, halved	-	1 punnet	
Baby Gem Lettuce, sliced	-	2	

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk | 2) Gluten

Nutrition per serving: Calories: 485 kcal | Protein: 34 g | Carbs: 43 g | Fat: 17 g | Saturated Fat: 13 g

1



1 Pre-heat your oven to 220 degrees. Cut your sweet potatoes in half lengthways. Cut each half into four pieces (or six pieces if it's a big 'un). Cut each half lengthways into long wedges (see picture). **Tip:** No need to peel!

2



2 Put the sweet potatoes on a baking tray, drizzle over 2 tbsp of oil, ½ tsp of salt and a good grind of pepper. Put them on the top shelf of the oven for 25 mins, or until they are nice and crispy.

3



3 Mix together the crème fraîche with 1 tsp of smoked paprika, 1 tsp of garlic salt and 1 tsp of turmeric.

4



4 Coat each chicken breast in 1 tbsp of the crème fraîche mixture then roll each chicken breast in the breadcrumbs to thoroughly coat them. Cook the chicken on a baking tray in the oven on the middle shelf for 20 mins. The chicken is cooked when it is no longer pink in the middle.

5 Chop your cherry tomatoes in half and slice up your lettuce. LH: Mix the chopped cherry tomatoes and lettuce. Drizzle over 1 tsp of olive oil, a pinch of salt and pepper and use your hands to toss your salad.

6 To get a really crunchy topping you can grill the chicken for a few mins at the end. Like all things, chicken is best when rested. Once the chicken is cooked, take it out of the oven and leave it for a few mins. This will allow all the juices inside to redistribute throughout the meat.

7 Serve your chicken with a side order of sweet potatoes and a bit of salad for garnish. Not-so-naughty and very, very nice!