



Peri Peri Chicken

with Sweet Potatoes and Corn



HELLO PAPIKA

Paprika is actually the product of drying and grinding red peppers.



Sweet Potato



Corn on the Cob



Unsalted Butter



Coriander



Lime



Chicken Mini Fillets



Smoked Paprika



Ground Cumin



Tomato Ketchup



Hot Habanero Salsa

Peri Peri: this Portuguese marinade is so delicious, they named it twice. We've given this traditionally fiery sauce a milder, family-friendly flavour by subbing out the chillies in favour of a habanero salsa which can be enjoyed on the side by the spice lovers in the family! But be careful - a little goes a long way!

Hands on: 15 mins

Total: 45 mins

1.5 of your 5 a day

Family Box

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, some **Foil**, a **Fine Grater** and a **Mixing Bowl**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm chunks (no need to peel!). Put them on a lined baking tray and drizzle over a splash of **oil**. Season with **salt** and **pepper** and toss to coat. Run a knife around the middle of each **corn** and snap it in half. Place on some foil. Divide the **butter** between each piece of **corn** and season with **salt** and **pepper**. Wrap the foil up and place on the baking tray with the **sweet potato**.



2 MARINATE THE CHICKEN

Roughly chop the **coriander** (stalks and all). Zest the **lime**, then cut into wedges. Keep to one side. Put the **chicken** in a mixing bowl and add the **smoked paprika**, **ground cumin** and the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, then rub the seasonings into the **chicken**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



3 ROAST THE POTATO

Place the **sweet potato** and foil-wrapped **corn** on the middle shelf of your oven. Roast until the **potato** is soft and golden, turning halfway through, and until the **corn** is tender, 25-30 mins. **TIP:** The corn will be tender after this time but you can check by unwrapping carefully and pushing a skewer or knife tip into one of the kernels.



4 COOK THE CHICKEN

Have a quick tidy up and get any washing up done. Transfer the marinated **chicken** to another baking tray lined with foil (or baking paper). **TIP:** Make sure the chicken is in one even layer. Roast on the top shelf of your oven until the **chicken** is browned and cooked through, 15-17 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



5 FINISH OFF

When the **chicken**, **potato** and **corn** are cooked, get ready to serve. Open up the foil parcel and roll the **corn** over in the melted **butter**, adding **half** the **coriander** and some **lime zest** for those who like it. Pop the **corn** on your plates.



6 SERVE

Share the **sweet potatoes** and **peri peri chicken** strips between your plates and finish with a wedge of **lime** and your sauce of choice. **Tomato ketchup** for the kids, **hot habanero salsa** for the grown ups! Sprinkle the remaining **coriander** on the adults' **chicken**. **Enjoy!**

4 PEOPLE INGREDIENTS

| | |
|-----------------------------------|---------|
| Sweet Potato, chopped | 2 |
| Corn on the Cob, halved | 2 |
| Unsalted Butter ⁷⁾ | 30g |
| Coriander, chopped | 1 bunch |
| Lime | 1 |
| Chicken Mini Fillets | 560g |
| Smoked Paprika | 1½ tsp |
| Ground Cumin | 1½ tsp |
| Olive Oil* | 2 tbsp |
| Tomato Ketchup ¹⁰⁾ | 2 tbsp |
| Hot Habanero Salsa ¹⁴⁾ | 2 tbsp |

*Not Included

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 521G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal) | 598 | 115 |
| (kJ) | 2501 | 480 |
| Fat (g) | 12 | 2 |
| Sat. Fat (g) | 6 | 1 |
| Carbohydrate (g) | 70 | 13 |
| Sugars (g) | 23 | 4 |
| Protein (g) | 54 | 10 |
| Salt (g) | 1.02 | 0.20 |

ALLERGENS

⁷⁾ Milk ¹⁰⁾ Celery ¹⁴⁾ Sulphites

Tomato Ketchup: Tomatoes (200g in 100g Ketchup), Unrefined Raw Cane Sugar, Spirit Vinegar, Cornflour, Sea Salt, Garlic Powder, Onion Powder, Seasoning (Salt, Spice Extracts [Contains **Celery**], Onion Extract).

Hot Habanero Salsa: Peppers, Onions, Cider Vinegar (Contains **Sulphites**), Tomato Puree, Tomatoes, Sugar, Sunflower Oil, Water, Habanero Chillies, Salt.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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