



# PORTUGUESE-STYLE CHICKEN

with Potato Wedges & Garden Salad



Make a lemon Dijon salad dressing



Potato



Garlic



Lemon



Smoked Paprika



Chilli Flakes (Optional)



Chicken Breast



Flaked Almonds



Tomato



Carrot



Dijon Mustard



Mixed Salad Leaves



Garlic Aioli

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Eat me early

Spicy (optional chilli flakes)

Brighten up your night with the vibrant paprika marinade on this tasty and tender Portuguese chicken. Infused with smokey flavours, plus sides of hearty potato wedges and a refreshing salad, this colourful plate adds a little international flair to the old meat-and-three!

**Pantry Staples:** Olive Oil, Brown Sugar, Honey

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



### 1 ROAST THE POTATO WEDGES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Spread the **wedges** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



### 2 FLAVOUR THE CHICKEN

While the wedges are roasting, finely chop the **garlic** (or use a garlic press). Slice the **lemon** (see ingredients list) in half. In a medium bowl, combine the **garlic**, **salt**, **smoked paprika**, **brown sugar**, a **generous squeeze** of **lemon juice**, a **drizzle** of **olive oil** and a **pinch** of **chilli flakes** (if using). Place your hand flat on top of a **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the **remaining chicken**, then add to the marinade and toss to coat. Set aside.



### 3 COOK THE CHICKEN

When the wedges have **15 minutes** cook time remaining, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken** and cook until lightly browned and cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

**TIP:** *The chicken is cooked when it is no longer pink inside.*



### 4 PREP THE VEGGIES

While the chicken is resting, finely chop the **tomato**. Grate the **carrot** (unpeeled).



### 5 TOSS THE SALAD

In a medium bowl, add the **Dijon mustard** (see ingredients list), **honey**, a **small squeeze** of **lemon juice** and **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Season with a **pinch** of **salt** and **pepper** and stir to combine. Add the **tomato**, **carrot** and **mixed salad leaves**. Toss to coat. **TIP:** *Toss the salad just before serving to keep the leaves crisp.*



### 6 SERVE UP

Thinly slice the chicken. Divide the Portuguese-style chicken, potato wedges and garden salad between plates. Sprinkle the toasted almonds over the salad. Serve with the **garlic aioli**.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
lemon	½	1
salt*	¼ tsp	½ tsp
smoked paprika	1 sachet	2 sachets
brown sugar*	2 tsp	4 tsp
chilli flakes (optional)	pinch	pinch
chicken breast	1 packet	1 packet
flaked almonds	1 sachet	2 sachets
tomato	1	2
carrot	1	2
Dijon mustard	½ packet (7.5g)	1 packet (15g)
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2480kJ (592Cal)	409kJ (98Cal)
Protein (g)	46.1g	7.6g
Fat, total (g)	26.6g	4.4g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	38.0g	6.3g
- sugars (g)	11.3g	1.9g
Sodium (g)	587mg	97mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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2020 | WK10

