



Portuguese-Style Chicken

with Potato Wedges & Garden Salad



Grab your Meal Kit with this symbol



Potato



Garlic



Lemon



Smoked Paprika



Chilli Flakes (Optional)



Chicken Breast



Tomato



Cucumber



Dijon Mustard



Mixed Salad Leaves



Smokey Aioli



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



Naturally gluten-free
Not suitable for Coeliacs



Low Calorie



Eat me early



Spicy (optional
chilli flakes)

Too often we reduce Portuguese chicken to a certain Bondi-based burger, but throw in some crispy potato wedges and a refreshing salad and we think this dish might give that burger a run for its money!

Pantry items

Olive Oil, Brown Sugar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
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	1 tbs
chilli flakes (optional)	pinch	pinch
chicken breast	1 packet	1 packet
tomato	1	2
cucumber	1	2
Dijon mustard	½ tub (7.5g)	1 tub (15g)
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2150kJ (514Cal)	365kJ (87Cal)
Protein (g)	44.8g	7.6g
Fat, total (g)	19.6g	3.3g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	36.4g	6.2g
- sugars (g)	10.5g	1.8g
Sodium (g)	547mg	93mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the potato wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Spread the **potato** over an oven tray 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.



4. Prep the veggies

While the chicken is resting, finely chop the **tomato**. Slice the **cucumber** into half-moons.



2. Flavour the chicken

While the potato wedges are roasting, finely chop the **garlic** (or use a garlic press). Cut 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.



5. Make the salad

In a second medium bowl, add the **Dijon mustard** (see ingredients list), **honey**, a **small squeeze** of **lemon juice** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**). Season with a **pinch** of **salt** and **pepper** and stir to combine. Add the **tomato**, **cucumber** and **mixed salad leaves**. Toss to coat.

TIP: Toss the salad just before serving to keep the leaves crisp.



3. Cook the chicken

When the wedges have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. 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 sugar in the marinade may caramelize slightly in the pan. This makes the chicken even more delicious!

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



6. Serve up

Slice the chicken. Divide the Portuguese-style chicken, potato wedges and garden salad between plates. Serve with the **smokey aioli**.

TIP: For the low-calorie option, serve with half the smokey aioli.

Enjoy!