



# 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



Sweetcorn



Tomato



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
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	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)	2269kJ (542Cal)	397kJ (94Cal)
Protein (g)	40.4g	7.1g
Fat, total (g)	23.3g	4.1g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	38.4g	6.7g
- sugars (g)	10.5g	1.8g
Sodium (mg)	710mg	124mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

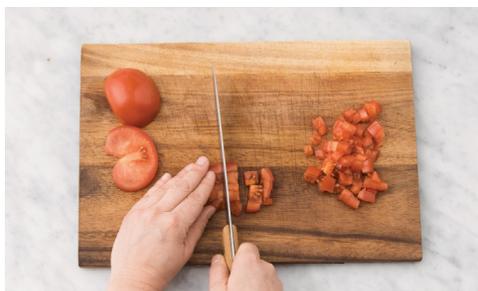


## 1. Bake the potato wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Spread in a single layer on an oven tray lined with baking paper and bake until tender, **25-30 minutes**.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time.

**TIP:** Spread the potato across two trays if it can't fit in a single layer!



## 4. Prep the veggies

While the chicken is resting, finely chop the **tomato**.



## 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) into wedges. In a medium bowl, combine the **garlic**, the **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 each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add to the marinade and toss to coat. Set aside.



## 3. Cook the chicken

Drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until charred, **4-5 minutes**. Transfer the **corn** to a bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken** in batches 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 in the pan, making the chicken even more delicious!

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



## 5. Toss the salad

To the bowl with the **corn**, 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** and **mixed salad leaves**. Toss to coat.



## 6. Serve up

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

**TIP:** For the low-calorie option, serve with 1/2 the smokey aioli.

Enjoy!