



Roasted Chicken Breast and Plum Hoisin Sauce with Spring Onion Mash & Roasted Bok Choy

24

Calorie Smart 35 Minutes • 1 of your 5 a day • Under 600 calories



Potato



Garlic Clove



Chicken Breast
(Skin-On)



Bok Choy



Plum



Spring Onion



Chicken Stock Paste



Hoisin Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Colander, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Garlic Clove	2	3	4
Chicken Breast (Skin-On)**	2	3	4
Bok Choy**	2	3	4
Plum**	2	3	4
Spring Onion**	1	2	2
Water*	75ml	100ml	150ml
Sugar*	1 tsp	1½ tsp	2 tsp
Chicken Stock Paste	10g	15g	20g
Hoisin Sauce 11)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	617g	100g
Energy (kJ/kcal)	1979 /473	321 /77
Fat (g)	8	1
Sat. Fat (g)	2	1
Carbohydrate (g)	57	9
Sugars (g)	17	3
Protein (g)	46	7
Salt (g)	1.98	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Boil the Potatoes and Garlic

Preheat your oven to 200°C, bring a large saucepan of **water** to the boil with ¼ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). Peel the **garlic** cloves. Add the **potatoes** and the **garlic** clove to the boiling **water** and simmer until tender, 15-20 mins. Once cooked, drain in a colander and pop back into your pan.



Make the Sauce

Pop your frying pan back on medium-high heat (no need to wash). Add a drizzle of **oil** if the pan is dry, then add the **plums** to the pan and fry, turning them every minute until softened, 2-3 mins. Pour in the **water** and add the **sugar** (see ingredients for both amounts), **chicken stock paste** and **hoisin sauce**. Bring to the boil, then reduce the heat slightly and gently simmer until thickened, 3-5 mins. **TIP:** Add a splash of water if it thickens too much. Once cooked, set aside.



Cook the Chicken

Next, pop a frying pan on medium-high heat (no oil). Season the **chicken** with **salt** and **pepper**. Once hot, lay the **chicken** in the pan skin-side down, fry until the skin is golden, 5 mins. Turn, cook for 1 minute on the flesh side to seal the **meat**. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Transfer to a large baking tray skin-side up and roast on the top shelf of your oven until cooked, 15-20 mins.



Finish Off

Once the **chicken** and **bok choy** is cooked, remove from your oven, cover the tray with some foil and leave to rest for 5-6 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Prep the Rest

Trim the root of the **bok choy** and separate the leaves. Halve the **plums**, remove the stone and slice the flesh of each plum into 12 thin **wedges**. Trim and thinly slice the **spring onion**. When the **chicken** has had 10 mins in the oven, add the **bok choy** to the baking tray around the **chicken breasts** (not covering), drizzle a little **oil** over the top, season and return to the oven for the remaining cooking time, 5-10 mins.



Finish and Serve

Once the **potatoes** are cooked and back in their pan, add the **spring onion** along with a knob of **butter** and splash of **milk** (if you have any). Season with **salt** and **pepper** and then mash. Cover with a lid to keep warm. Reheat the **plum sauce** with a splash of **water** if you need to. Pile the **mash** onto the plates, top with the **chicken breast** and share the **bok choy** alongside. Spoon the **hoisin plum sauce** over the **chicken**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.