



More Than Food
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Southern Style Chicken and Sweet Potato Chips

Southern style buttermilk chicken is a classic that is loved in kitchens around the world. In this Top Chef recipe we thought it would be great to learn a little trick to preparing delicious crispy chicken the HelloFresh way. Traditionally southern chicken is marinated in buttermilk to help tenderise the meat but here we have used healthier crème fraîche seasoned with turmeric and paprika to bump up the flavour! Instead of frying the chicken we suggest baking it in the oven. You will find it still tastes crispy and delicious your waistline will thank you too! This is a great recipe to add to your skill sheet!



35 mins



healthy



3 of your
5 a day



family box



Sweet Potato (2)



Crème Fraîche (1 pot)



Smoked Paprika
(1½ tsp)



Garlic Salt (1 tsp)



Turmeric (1½ tsp)



Chicken Breast (4)



Panko Breadcrumbs
(75g)



Cherry Tomatoes
(2 punnets)



Baby Gem Lettuce
(2)

4 PEOPLE INGREDIENTS

- Sweet Potato, chopped **2**
- Crème Fraîche **1 pot**
- Smoked Paprika **1½ tsp**
- Garlic Salt **1 tsp**
- Turmeric **1½ tsp**
- Chicken Breast **4**
- Panko Breadcrumbs **75g**
- Cherry Tomatoes, halved **2 punnets**
- Baby Gem Lettuce, sliced **2**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

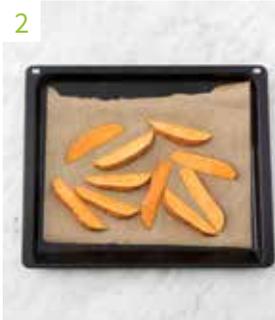
The first recorded instance of the name 'sweet potato' was in the Oxford English Dictionary in 1775.

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	586 kcal / 2455 kJ	19 g	12 g	62 g	19 g	43 g	1 g
Per 100g	105 kcal / 439 kJ	3 g	2 g	11 g	3 g	8 g	0 g

2



1 Pre-heat your oven to 220 degrees. Chop the **sweet potato** in half lengthways. Chop each half lengthways into long wedges about the size of your index finger.

Tip: No need to peel!

4



2 Put your **sweet potato** on a baking tray, drizzle over some **olive oil** and add a pinch of **salt** and a good grind of **pepper**. Put them on the top shelf of your oven for 25 mins, or until they are nice and crispy.

3 In a bowl mix together the **crème fraîche**, the **smoked paprika** (use less if you don't like paprika!), the **garlic salt** and the **turmeric**.

4 Coat each **chicken breast** in your **crème fraîche** mixture then roll each **chicken breast** in another bowl containing the **breadcrumbs**, to thoroughly coat them. Cook your **chicken** on a baking tray on the middle shelf of your oven for 20 mins.

Tip: The chicken is cooked when it is no longer pink in the middle.

4



5 Chop the **cherry tomatoes** in half and slice the **lettuce**. Mix them together with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Use your hands to toss your **salad**.

6 To get a really crunchy topping, you can grill your **chicken** for a few mins at the end. Like all things, chicken is best when rested. Once your **chicken** is cooked, take it out of your oven and leave it for a few mins. This will allow all the juices inside to redistribute throughout the meat.

5



7 Serve your **chicken** with a side order of **sweet potato chips** and a bit of **salad** for garnish. Not so naughty and very, very nice!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!