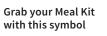


Spiced Chicken & Peri-Peri Bacon Jam with Crushed Potatoes & Avocado Salad

HALL OF FAME

KID FRIENDLY

















Chicken Breast





Diced Bacon



Sauce



Mixed Salad Leaves



Prep in: 30-40 mins Ready in: 35-45 mins

Eat Me Early

We're pulling out the big guns tonight and blasting away your tastebuds with a saucy bacon jam. The ammunition to bring this spiced chicken dinner to victory is the peri peri sauce.

Olive Oil, Butter, Brown Sugar, Vinegar (White Wine or Balsamic)

Pantry items

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

ingi edients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
onion	1/2	1		
avocado	1	2		
chicken breast	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
diced bacon	1 packet	1 packet		
peri peri sauce	1 medium packet	1 large packet		
brown sugar*	1 tsp	2 tsp		
mixed salad leaves	1 medium bag	1 large bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3290kJ (786Cal)	571kJ (136Cal)
Protein (g)	48.5g	8.4g
Fat, total (g)	48.1g	8.3g
- saturated (g)	14.5g	2.5g
Carbohydrate (g)	40.2g	7g
- sugars (g)	14.6g	2.5g
Sodium (mg)	1506mg	261mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4035kJ (964Cal)	548kJ (131Cal)
Protein (g)	81.6g	11.1g
Fat, total (g)	53.4g	7.3g
- saturated (g)	16.1g	2.2g
Carbohydrate (g)	41g	5.6g
- sugars (g)	14.6g	2g
Sodium (mg)	1605mg	218mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

2023 | CW51

Scan here if you have any questions or concerns





Make the crushed potatoes

- Boil the kettle. Cut potato into large chunks.
 Finely chop garlic.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of salt. Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes. Drain and set aside.
- Return the saucepan to medium-high heat with a drizzle of olive oil. Add the butter and garlic and cook, stirring, until fragrant, 1 minute.
 Remove from heat.
- Return potato to the pan, season with salt and pepper and toss to coat. Lightly crush with a fork. Cover to keep warm.

TIP: Add a splash of water if the potato looks dry!
Little cooks: Take the lead and help crush the
potatoes.



Cook the chicken

 Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).

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

Custom Recipe: Cook the chicken in batches for the best results.



Get prepped

- Meanwhile, thinly slice onion (see ingredients).
 Slice avocado in half, scoop out flesh and thinly slice.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add chicken and turn to coat.

Custom Recipe: If you've doubled your chicken breast, use a large bowl to flavour the chicken.



Make the bacon jam

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook diced bacon and onion, breaking up with a spoon, until golden, 6-7 minutes.
- Remove pan from heat, then add peri peri sauce, the brown sugar and a splash of water and stir to combine. Transfer to a bowl.



Bring it all together

 Meanwhile, combine mixed salad leaves, avocado and a drizzle of vinegar and olive oil in a large bowl. Season to taste.

Little cooks: Kids can help toss the salad.



Serve up

- Divide spiced chicken, crushed potatoes and avocado salad between plates.
- Top chicken with peri peri bacon jam. Enjoy!

Rate your recipe

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