



# Spiced Chicken & Peri-Peri Bacon Jam

with Crushed Potatoes & Avocado Salad

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Onion



Avocado



Chicken Breast



Aussie Spice Blend



Diced Bacon



Peri Peri Sauce



Mixed Salad Leaves



Chicken Breast

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
onion	½	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
<b>brown sugar*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (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](https://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!

Scan here if you have any questions or concerns

2023 | CW51



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## 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.

4



## 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.

2



## 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.

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## 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.

3



## 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.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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