









Chicken Breast



Grated Cheese

Gochujang Paste





Breadcrumbs







Potatoes





Cabbage

Pantry Items: Egg, Salt, Pepper, Oil



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Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook

Cooking tools you will need

Baking sheet with baking paper, oven dish

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Chorizo	100 g	200 g
Grated Cheese	50 g	100 g
Gochujang Paste	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Breadcrumbs	1 pack	2 packs
Aioli	2 sachets	4 sachets
Potatoes	3 units	6 units
Scallion	1 unit	2 units
Cabbage	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	799.5 g	100 g
Energy (kJ/kcal)	5184 kJ/ 1239 kcal	648.4 kJ/ 155 kcal
Fat (g)	66.4 g	8.3 g
Sat. Fat (g)	15.9 g	2 g
Carbohydrate (g)	98.5 g	12.3 g
Sugars (g)	16 g	2 g
Protein (g)	64.8 g	8.1 g
Salt (g)	5.2 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide fries (peeling optional).
- Pop onto a large (lined) baking tray.
- Drizzle with oil, season well with salt and pepper, then toss to coat. Spread out in a single layer.
- When the oven is hot, cook on the top shelf until golden, 25-30 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Make the Slaw

- Halve the cabbage, cut out and discard the tough core, then thinly slice.
- Add the cabbage to a bowl along with half the aioli and mix to combine. Season to taste with salt and pepper and set aside.
- Beat one egg (double for 4p) in a separate bowl.
- In another bowl, season the breadcrumbs with salt and pepper.



Crumb the Chicken

- · Lay the chicken out on a board.
- Slice the chicken into 2cm strips. Season with salt and pepper.
- Dip the chicken strips first into the egg and then the breadcrumbs, ensuring they're completely coated.
 Transfer to a clean plate. IMPORTANT: Wash hands and equipment after handling raw chicken and its packaging. Discard excess egg.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Fry the Chicken

- When the potatoes have 10 mins of cooking time left, place a large pan over high heat with enough oil to coat the bottom.
- Once hot, carefully lay the **chicken** strips into the pan.
- Fry until golden brown on the outside, 2-3 mins on each side. Adjust heat if necessary. Once golden, remove the chicken from the pan.
- Discard the oil remaining in the pan.

TIP: Allow the oil to get hot before adding the chicken so it can fry properly.



Load the Fries

- Once the **potatoes** are cooked, add them to an oven dish.
- Top with chicken, chorizo and a scattering of cheese.
- Return to the top shelf of the oven until the cheese is melted and chicken is cooked through, another 10-15 mins. IMPORTANT: Chicken is cooked when no longer pink in the middle.
- Meanwhile, in a small bowl, mix the gochujang, honey and remaining aioli.
- · Trim and thinly slice the scallion.



Finish and Serve

- Carefully remove the loaded fries from the oven and scatter over the sliced scallion.
- Drizzle the gochujang aioli over the top.
- Allow everyone to help themselves at the table.
- · Serve with cabbage slaw alongside.

Enjoy!