



Roast Chicken in Sweet Chilli Glaze with chips and carrots

35 – 40 mins

6



Irish Chicken Breast



Potatoes



Onion



Carrot



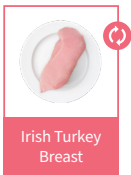
Sweet Chilli Sauce



Italian Herbs



Stock



Pantry Items: Salt, Pepper, Oil, Water



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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.

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

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Irish Chicken Breast	320 g	640 g
Potatoes	600 g	1200 g
Onion	1 unit	2 units
Carrot	2 units	4 units
Sweet Chilli Sauce	1 sachet	2 sachets
Italian Herbs	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Irish Chicken Breast	640 g	1280 g
Irish Turkey Breast	320 g	640 g

Nutrition

for uncooked ingredient	Recipe 1		Recipe 2	
	Per 100 g	Per 100 g	Per 100 g	Per 100 g
Energy (kJ/kcal)	307.4 kJ/ 73.5 kcal	333 kJ/ 79 kcal	307 kJ/ 73 kcal	307 kJ/ 73 kcal
Fat (g)	0.7 g	1 g	0.4 g	0.4 g
Sat. Fat (g)	0.2 g	0.3 g	0.2 g	0.2 g
Carbohydrate (g)	11.3 g	9.3 g	11.3 g	11.3 g
Sugars (g)	3.3 g	2.7 g	3.3 g	3.3 g
Protein (g)	6.5 g	9.7 g	6.6 g	6.6 g
Salt (g)	0.2 g	0.2 g	0.2 g	0.2 g

See site or app for detailed nutritional info.

Allergens

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

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Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm chips (peeling optional).
- Pop the chips onto a lined baking tray.
- Toss with **half** the **Italian herbs, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Simmer the Sauce

- When the **chicken** has been cooking for 15 mins, place a pot over medium-high heat.
- Add 50ml **water** (per 2P), **stock** and **sweet chilli sauce**.
- Simmer until warmed through, 2-3 mins. Taste and season with **salt** and **pepper**, if required.



Prep the Veg

- Meanwhile, halve and peel the **onion**, then cut each **half** into three wedges.
- Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Pop the **carrots** and **onion** onto a separate lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.



Finishing Touches

- When everything's ready, cut the **chicken** into 2cm thick slices.
- Reheat the **sweet chilli** glaze if needed, adding a splash of **water** if it needs loosening.



Cook the Chicken

- Lay the **chicken** next to the veg.
- Rub with remaining **Italian herbs, salt, pepper** and a drizzle of **oil**.
- Roast on the middle shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

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



Dish Up

- Transfer the veg to your plates.
- Arrange the sliced **chicken** on top, with **sweet chilli** glaze drizzled over.
- Serve chips alongside.

Enjoy!

CUSTOM OPTIONS



IRISH TURKEY BREAST

Swapping to turkey? Lay on a lined baking tray and bake until cooked through, 10-15 mins.