



Sweet Chilli Chicken

with fries and side salad

25-30 mins

2



Diced Chicken Breast



Sweet Potato



Red Wine Vinegar



Salad Leaves



Mayo



Carrot



Sweet Chilli Sauce



Breadcrumbs



Aioli



Potatoes

Pantry Items: Oil, Salt, Pepper, Sugar

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, grater

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Sweet Potato	1 unit	2 units
Red Wine Vinegar	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Mayo	1 sachet	2 sachets
Carrot	1 unit	2 units
Sweet Chilli Sauce	2 sachets	4 sachets
Breadcrumbs	1 pack	2 packs
Aioli	1 sachet	2 sachets
Potatoes	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	537.5 g	100 g
Energy (kJ/kcal)	2899.5 kJ/ 693 kcal	539.4 kJ/ 128.9 kcal
Fat (g)	25.2 g	4.7 g
Sat. Fat (g)	3 g	0.6 g
Carbohydrate (g)	81.1 g	15.1 g
Sugars (g)	18.2 g	3.4 g
Protein (g)	36.1 g	6.7 g
Salt (g)	2.4 g	0.4 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.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



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Make the Fries

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potato** and **sweet potato** lengthways into 1cm slices, then into 1cm chips (unpeeled).
- Place on a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat.
- Spread out in a single layer—you need them well spaced out to achieve a crispy finish!
- When the oven is hot, roast until golden, 20-25 mins. Turn halfway through.

TIP: Use two baking trays if needed.



Make the Dressing

- Meanwhile, trim and grate the **carrot** (no need to peel).
- In a large bowl for the salad, mix together **vinegar**, **mayo** and 1 tsp **sugar** (double for 4p).
- Season with **salt** and **pepper**.
- Just before serving, add the **salad leaves** and **carrot** to the bowl with the dressing and toss to coat.



Prep the Chicken

- Meanwhile, add **chicken**, **breadcrumbs** and **half** the **aioli** to a medium bowl.
- Toss to coat the **chicken**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **pepper**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh. It will still taste delicious once cooked!



Add the Sauce

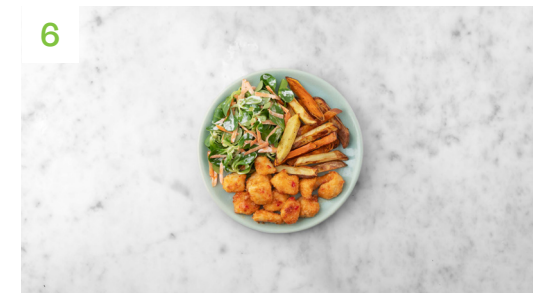
- Toss the cooked **chicken** in the **sweet chilli sauce** and remaining **aioli**.
- Season with a pinch of **salt** and **pepper**.

TIP: If you're cooking for kids you can reduce the heat in this recipe by using less sweet chilli sauce.



Cook the Chicken

- Arrange **chicken** in a single layer on a separate lined baking tray.
- Drizzle over 1 tbsp **oil** (double for 4p).
- Bake on the top shelf of the oven until **chicken** is cooked through and crispy, 16-20 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Finish and Serve

- Divide the sweet **chilli chicken** between plates.
- Serve the chips and dressed **salad leaves** alongside.

Enjoy!