



Portuguese-Style Chicken

with Potato Wedges & Garden Salad

Grab your Meal Kit
with this symbol



Potato



Garlic



Lemon



Smoked Paprika



Chilli Flakes
(Optional)



Chicken Tenderloin



Sweetcorn



Tomato



Dijon Mustard



Mixed Salad
Leaves



Smokey Aioli

Hands-on: **25-35** mins
Ready in: **35-45** mins
 Naturally gluten-free
Not suitable for Coeliacs

Calorie Smart

Eat me early

Spicy (optional chilli flakes)

Too often we reduce Portuguese chicken to a certain Bondi-based burger, but throw in some crispy potato wedges and a refreshing salad and we think this dish might give that burger a run for its money!

Pantry items

Olive Oil, Brown Sugar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
lemon	½	1
salt*	¼ tsp	½ tsp
smoked paprika	1 sachet	2 sachets
brown sugar*	2 tsp	1 tbs
chilli flakes (optional)	pinch	pinch
chicken tenderloin	1 small packet	1 large packet
sweetcorn	1 tin (125g)	2 tins (250g)
tomato	1	2
Dijon mustard	½ tub (7.5g)	1 tub (15g)
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2569kJ (614Cal)	438kJ (104Cal)
Protein (g)	47.6g	8.1g
Fat, total (g)	28.2g	4.8g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	39.3g	6.7g
- sugars (g)	11.3g	1.9g
Sodium (mg)	718mg	122mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the potato wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the **potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Spread in a single layer and roast until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.

TIP: Spread the potato across two trays if it can't fit in a single layer!



4. Prep the salad

While the chicken is resting, finely chop the **tomato**.



2. Flavour the chicken

While the potato wedges are roasting, finely chop the **garlic** (or use a garlic press). Cut the **lemon** into wedges. In a medium bowl, combine the **garlic**, the **salt**, **smoked paprika**, **brown sugar**, a **generous squeeze** of **lemon juice**, a **drizzle** of **olive oil** and a **pinch** of **chilli flakes** (if using). Add the **chicken tenderloin** to the marinade and toss to coat. Set aside.



3. Cook the chicken

Drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook until golden and lightly charred, **4-5 minutes**. Transfer the **corn** to a bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, cook the **chicken**, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a plate to rest.

TIP: The sugar in the marinade may caramelise slightly in the pan. This makes the chicken even more delicious!

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



5. Toss the salad

Add the **Dijon mustard** (see ingredients list), **honey**, a **small squeeze** of **lemon juice** and **olive oil** (2 tsp for 2 people / 1 tbs for 4 people) to the **corn**. Season with a **pinch** of **salt** and **pepper** and stir to combine. Add the **tomato** and **mixed salad leaves**. Toss to coat.



6. Serve up

Thinly slice the Portuguese-style chicken. Divide the chicken, potato wedges and garden salad between plates. Serve with the **smokey aioli** on the side.

Enjoy!