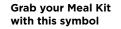


# Portuguese-Style Chicken

with Potato Wedges & Garden Salad











Potato





Lemon

Smoked Paprika





Chilli Flakes (Optional)

Chicken Tenderloin







Sweetcorn

Tomato



Leaves

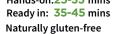
Dijon Mustard **Mixed Salad** 



Smokey Aioli

Hands-on:25-35 mins Ready in: 35-45 mins

Not suitable for Coeliacs



**Calorie Smart** 



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

ingredients		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
lemon	1/2	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)	<b>1 packet</b> (100g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2569kJ (614Cal)	438kJ (104Cal)
47.6g	8.1g
28.2g	4.8g
3.6g	0.6g
39.3g	6.7g
11.3g	1.9g
718mg	122mg
	2569kJ (614Cal) 47.6g 28.2g 3.6g 39.3g 11.3g

#### **Allergens**

Always read product labels for the most up-to-date allergen information.
Visit 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!



#### 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.



# 4. Prep the salad

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



## 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!**