



# PAN-FRIED CHICKEN

with Dukkah Roasted Sweet Potato and Citrus Sour Cream



## HELLO SUGAR SNAPS

*Sugar snaps are a cross between peas and mangetouts.*



Sweet Potato



Dukkah Spice Mix



Chicken Breast



Lime



Sugar Snap Peas



Sour Cream

35 mins

4 of your 5 a day

Little Heat

Have you come across dukkah before? It's a traditional Egyptian mixture of roasted nuts, sesame seeds, thyme and spices. It's fabulous mixed with olive oil as a dip for bread or as a seasoning, sprinkled over salads, meat or vegetables. Here it goes beautifully with sweet potatoes, turning them into the perfect accompaniment for pan-fried chicken.



## BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **220°C** and put a **Large Saucepan** of water with a pinch of salt on to boil for the sugar snap peas. Make sure you have a **Baking Tray**, some **Clingfilm**, a **Frying Pan**, **Fine Grater** and **Colander**. Now, let's get cooking!



### 1 ROAST THE SWEET POTATO

Chop the **sweet potato** into roughly 2cm cubes (no need to peel!). Place on a baking tray in a single layer and drizzle over some **olive oil**. Sprinkle on the **dukkah spice mix** and season with **salt** and **black pepper**. Toss to coat. Roast on the top shelf of your oven until soft in the middle and crispy at the edges, 20-25 mins. ★ **TIP:** Turn halfway through to get an even crispiness - don't worry if they break up a bit.



### 4 COOK THE SUGAR SNAPS

Whilst the **chicken** is cooking, pop the **sugar snap peas** in your pan of boiling water. Cook for just under 3 mins. They should be tender but retain a little bit of crunch. Drain in a colander and set aside.



### 2 PREP THE CHICKEN

Place your hand flat on top of one of the **chicken breasts** and slice into it from the side so it opens like a book. You've now butterflied your chicken! Repeat for all breasts. Lay the **chicken** between two sheets of clingfilm. Whack the **chicken** with a frying pan until it is 1cm thick.



### 5 MIX THE SOUR CREAM

Put the **sour cream** in a small bowl and mix in a dash of **lime juice**. Season with **salt** and **black pepper**. Taste and add more **lime juice** or **seasoning** to your liking.



### 3 FRY THE CHICKEN

Take the frying pan you whacked the chicken with, add a drizzle of **oil** and put it on medium heat. Season the **chicken** with **salt** and **black pepper**. Grate over some **lime zest** and rub it in. Remember to wash your hands afterwards! Once your pan is hot, lay in the **chicken** and cook until beginning to brown, 4 mins on each side. When done, remove to a plate. ★ **TIP:** The chicken is cooked when it is no longer pink in the middle.



### 6 SERVE

Serve the **chicken** on top of your **dukkah sweet potato** with some **sugar snap peas** on the side. Finish with a dollop of **citrus sour cream**. **Enjoy!**

## 2 PEOPLE — INGREDIENTS

Sweet Potato, chopped	1
Dukkah Spice Mix <sup>5) 8) 9) 11)</sup>	1 tbsps
Chicken Breast	2
Lime	½
Sugar Snap Peas	1 pack
Sour Cream <sup>7)</sup>	½ small pot

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	645	101
(kJ)	2726	428
Fat (g)	15	2
Sat. Fat (g)	6	1
Carbohydrate (g)	85	13
Sugars (g)	23	4
Protein (g)	49	8
Salt (g)	0.59	0.09

### ALLERGENS

<sup>5)</sup>Peanuts <sup>7)</sup>Milk <sup>8)</sup>Nuts <sup>9)</sup>Celery <sup>11)</sup>Sesame

### 👍 THUMBS UP OR THUMBS DOWN?

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