

Peri-peri Chicken

with Spicy Rice and Peas

hellóchef

While Peri-peri is in fact a type of chilli, the name has become synonymous with spicy grilled chicken.

Cals 894 • Prot 58 • Carbs 104 • Fat 32

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🕒 cook: 40 min

R3113



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Peri-peri chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Garlic onion powder	4	4	8	Grams
Red vinegar	15	22	30	ML
Smoked paprika powder	2	2	4	Grams
Soy sauce 9*, 10*, 11*	10	10	20	ML
Honey	15	15	30	Grams
Sriracha sauce	7	7	14	Grams
Chipotle powder	2	2	2	Grams
Vegetable oil	1	2	2	Tbsp
Worcestershire sauce 6*, 11*	15	22	30	ML
Rice				
Shallots	1	1	2	Piece
Red pepper	1	1	2	Piece
Vegetable oil	1	1	2	Tbsp
Turmeric powder	2	2	2	Grams
Chilli flakes	2	2	2	Grams
Basmati rice	150	225	300	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Water	300	450	600	ML
Fresh parsley	15	15	30	Grams
Lemon	1	1	2	Piece
To serve				
Fresh mint	10	10	10	Grams
Butter 4*	20	30	50	Grams
Green peas	150	200	250	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Mayonnaise 5*, 9*, 13*	50	75	100	Grams

Allergens

***9** Soya, ***10** Wheat, ***11** Gluten, ***6** Fish, ***4** Milk, ***5** Eggs, ***15** Celery, ***13** Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3735 / 894
Fat (g)	32
of which saturates (g)	10.4
Carbohydrate (g)	104
of which sugars (g)	16.6
Fiber (g)	9.5
Protein (g)	58.3
Salt (g)	5.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate chicken

Pre-heat the grill to high. Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes. In a bowl, combine the **garlic onion powder, red vinegar, smoked paprika, soy sauce, honey, sriracha (spicy!),** a pinch of **chipotle (spicy!)** and the **oil** with the **Worcestershire sauce**. This is your **Peri-peri marinade**. Place the **chicken** escalopes into the **marinade** and turn to coat.

Tip! If cooking for kids, keep a portion of the chicken aside and season it only with salt.



4 Grill chicken

Meanwhile, place the **chicken** onto a lined baking tray. Grill for 8-10 min until cooked through.

Tip! If cooking for kids, grill the plain chicken separately on a second baking tray.



2 Prep

Peel and finely chop the **shallots**. Deseed and finely chop the **pepper**.

Tip! If cooking for kids, keep a small portion of the peppers to the side.



5 Make peas

Meanwhile, pick and finely chop the **parsley** and **mint** leaves. Melt the **butter** in a saucepan, then add the **peas**. Cook for 2 min. Remove from the heat, and add half of the chopped **parsley** and all of the **mint**. Toss to coat. Season with **salt** and **pepper**.

Tip! If cooking for kids, remove a portion of the peas before adding in the herbs and set aside.



3 Start rice

Heat a pan over a medium heat with a drizzle of **oil**. Add the **shallots** and **pepper** and fry for 3 min. Add the **turmeric** and a pinch of **chilli flakes (spicy!)** and fry for 1 min further. Add the **rice, stock cube** and **measured water** and bring to a boil. Reduce the heat to low and simmer for 10-12 min until the **rice** is cooked.

Tip! If cooking for kids, keep the chilli flakes aside as a garnish to add to your own plate when serving.



6 Serve

Finish the **spicy rice** with a squeeze of **lemon** juice and the remaining **parsley**. Add a spoon of the cooked **marinade** from the tray to the **mayonnaise** and mix well. This is your **Peri-peri mayonnaise**. Serve the **Peri-peri chicken** with the **rice, peas** and **Peri-peri mayonnaise** to the side.

Tip! If cooking for kids, set aside a portion of the rice before adding the lemon. Serve the rice, plain chicken, peppers, coriander and peas separately. Serve the