

Smoky Chicken with Sweet Potato Mash

Tenderstem Broccoli and Chimichurri

hellóchef

Chimichurri is an uncooked sauce used both as an ingredient in cooking and as a table condiment for cooked meats.

Cals 514 • Prot 54 • Carbs 46 • Fat 12

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🕒 cook: 30 min

R3235



Before you start

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

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Smoked paprika powder	2	4	4	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	2	2	Tbsp
Sweet potato Mash				
Sweet potatoes	400	600	800	Grams
Butter 4*	20	30	50	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Chimichurri				
Fresh parsley	15	30	30	Grams
Fresh coriander	15	30	30	Grams
Spring onion	40	60	80	Grams
Garlic cloves	1	1	2	Piece
Red vinegar	15	22	30	ML
Olive oil	5	8	10	Tbsp
Chilli flakes	2	2	2	Grams
Salt	0.5	0.5	1	Tsp
Sides				
Tenderstem broccoli	150	225	300	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp

Allergens

*4 Milk

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)	2147 / 514
Fat (g)	11.7
of which saturates (g)	6.5
Carbohydrate (g)	46
of which sugars (g)	10.3
Fiber (g)	9.6
Protein (g)	54
Salt (g)	0.8

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



1 Make mash

Bring a pot of salted water to the boil. Peel and chop the **sweet potatoes** into bite-sized pieces. Add them to a pot of salted boiling water. Cook over a medium-high heat for 15 min or until soft. Once soft, drain the **potatoes** and return them to the pot. Add the **butter** and mash until smooth. Season with **salt** and **black pepper**.



2 Fry chicken

Meanwhile, in a bowl combine the **smoked paprika, salt** and **oil**. Add the **chicken breasts** and toss. Heat a large non-stick pan over a medium heat. Once hot, add the **chicken** and fry for 5-7 min on each side or until cooked through. Transfer the **chicken** onto a plate. Reserve the pan.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3 Make chimichurri

Meanwhile, finely chop the **parsley** and **coriander** leaves. Trim and finely slice the **spring onion**. Peel and mince the **garlic**. In a small bowl, combine the **garlic, parsley, coriander, spring onion, red vinegar, olive oil**, a pinch of **chilli flakes (spicy!)** and **salt** - this is your **chimichurri**.

Tip! If cooking for kids, remove a portion of the chimichurri and set it aside before adding the chilli flakes.



4 Fry tenderstem

Trim the **Tenderstem**. Return the reserved pan over a medium-high heat with another drizzle of **oil**. Once hot, add the **Tenderstem broccoli** with a pinch of **salt** and fry, covered, for 5-7 min stirring frequently or until starting to char slightly.



5 Serve

Divide the **sweet potato mash** among plates. Serve the **Tenderstem broccoli** to the side and top with the **chicken**. Spoon the **chimichurri** over the **chicken**.

Tip! If cooking for kids, slice the chicken and Tenderstem broccoli into bite-sized pieces. Serve the mash, chicken, Tenderstem broccoli and chimichurri separately.