



**HELLO
FRESH**

Peri Peri Crumbed Chicken and Hot Honey

with Roasted Butternut Squash and Green Beans

High Protein

Preparation time : 40 min.



What did you think of this recipe?
Scan the QR code to share your feedback.

Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/peri-peri-crumbed-chicken-and-hot-honey-173>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Grater, Pan, Aluminum Foil, Small Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Butternut Squash (unit(s))	1	1	1
Baking Potato (unit(s))	1	1½	2
Mixed Herbs (sachet(s))	1	1	2
Green Beans (grams)	160	200	320
Garlic Clove (unit(s))	1	1	2
Breadcrumbs (grams)	25	35	50
Peri Peri Seasoning (sachet(s))	1	1½	2
British Chicken Breasts (unit(s))	2	3	4
Mayonnaise (grams)	32	48	64
Hot Sauce (grams)	30	50	60
Honey (grams)	15	22½	30
Olive Oil for the Crumb (tbsp)	1	1	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2620 kJ
Energy (kcal)	626 kcal
Fat	15.7 g
of which saturates	1.5 g
Carbohydrate	83 g
of which sugars	27.9 g
Dietary Fibre	11.4 g
Protein	46.3 g
Salt	2.2 g

Allergens

Egg, Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



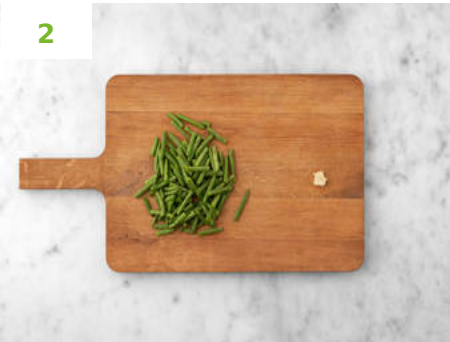
Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks. Chop the **potato** into 2cm chunks (no need to peel). Pop the **diced butternut** and **potato chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden and cooked through, 30-35 mins. Turn halfway through.



Crumb and Bake

Spoon the **mayo** over the top of each **butterflied breast**. Sprinkle over the **crumb mixture** and press it down with a spoon (discard any leftover crumbs). Bake on the top shelf of your oven until cooked through, 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. In a small bowl, combine the **hot sauce** and **honey**. Season with **salt** and **pepper** and mix well. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



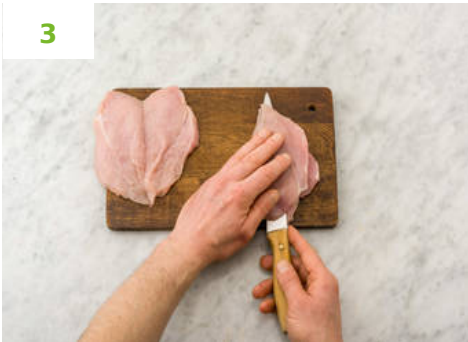
Do Some Prep

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). In a small bowl, combine the **breadcrumbs**, **peri peri seasoning** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**.



Steam-Fry the Beans

Heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove from the heat, season with **salt** and **pepper** and cover to keep warm.



Butterfly the Chicken

Lay a **chicken breast** onto your chopping board, place your hand flat on top and slice into it from the side until there is 2cm left (be careful not to slice all the way through). Open it up like a book. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. Repeat with the other **breast(s)**. You have butterflied your **chicken**! Lay the open **chicken breasts** on a lightly oiled baking tray. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Serve

Once everything's ready, transfer the **crumbed chicken** to your plates. Pour over the **hot honey sauce**. Serve the **roasted butternut**, **potato** and **green beans** alongside.

Enjoy your meal!