



Salt and Chilli Chicken with Crispy Potatoes

Featurei tender, spicy chicken stir-fried with garlic and chillies, paired with crispy golden potatoes. The dish offers a bold, flavorful contrast of textures and heat.

Nutritional Info

Calories: 855 kcal
Carbohydrates: 87 g
Protein: 39 g
Fat: 8 g

Ingredients

- Chicken Breast Fillet
- Egg
- Floury Potatoes
- Flour
- Carrot
- Panko Breadcrumbs
- Bell Pepper
- Spice Mix
- Onion
- Ground White Pepper
- Chilli
- Chinese 5 spice
- Garlic Clove

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Wheat (Breadcrumbs, Flour)
Egg (Egg)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200°C(fan) and boil the kettle

2) Prepare your chips

Cut the potatoes into thin chips (about ½ cm thickness). It's important to cut the chips very thin so don't take too long to cook. Transfer them to a tray with a drizzle of oil and season well with salt and pepper. Give them a good shake and place in the oven for about 25 minutes or until golden.

3) Prepare your vegetables

Finely slice the chili. Remove the core from the pepper and finely slice. Peel the onion and cut in half them slice thinly. Peel and crush the garlic. Peel and very finely slice the carrot into strips.

4) Prepare the chicken

Cut the chicken breasts into slim strips. Take out three plates. Add the flour to one and season well with salt and pepper. Give it a good mix. Break the egg into a cup and use a fork to beat it. Pour the beaten egg onto a second plate. Sprinkle the breadcrumbs onto a third plate. Drop the chicken pieces in the flour and give a shake so they are covered. Pick out the strips and drop them into the egg giving a little mix to coat. Then lift them out and lay them into the breadcrumbs, turning them so they are coated.

5) Cook the goujons

Place a frying pan on medium high heat with a good drizzle of rapeseed or olive oil. Once the pan is nice and hot lay the chicken strips in the pan. Cook for about 2 minutes or until the underside is golden and turn them, cooking for another 2 or so minutes or until golden all over and cooked through. Remove the strips to a plate with kitchen paper and set aside.

6) Cook the vegetables

Heat a large frying pan on a high heat with a drizzle of oil and once hot, add all the vegetables stir frying for about 2-3 minutes. Toss in the chicken and cooked chips and then sprinkle over the spice mix and a good pinch of salt. Stir fry for another minute or so, making sure the seasoning is fully dispersed.

7) Serve the dish



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