

\*Recipe & Nutritional information is inspired from a HelloFresh recipe.



## Peri Chicken & Potato Wedges With Salad & Garlic Mayo

Prep Time: 40 Minutes

Cook Time: 25 Minutes

Serves: 4 People

Kcal

441

Carbs

52.3g

Protein

44.8g



### INGREDIENTS\*

900g, **Potatoes**  
4, **Chicken Breasts**  
2, **Baby Gem Lettuce**  
2, **Garlic Cloves**  
250g, **Baby Plum Tomatoes**  
65g, **Mayonnaise**  
2 Sachets, **Peri Seasoning**  
**(or seasoning of choice!)**

### INSTRUCTIONS\*

Preheat your oven to 220°C/200°C fan/  
gas mark 7.

Chop the potatoes into wedge shapes.  
Add to a large baking tray with oil, salt &  
pepper.

Pop the garlic (unpeeled) into a small  
piece of foil with a drizzle of oil and pinch  
it at the top to close it. Add garlic parcel to  
the wedges tray.

Add wedges to the oven until golden, about 25-30  
minutes. Halfway through cooking, take out the  
garlic parcel and turn those wedges over.

Make your salad! Cut up or tear your baby gem  
lettuce and pop it in a bowl, add in some chopped  
baby plum tomatoes and add a dressing of your  
choice.

Cover your chicken with the seasoning. Thin out the  
chicken breast (bash it with a rolling pin!) and then  
spread the seasoning onto a plate. Add your chicken  
to the plate and cover it with the seasoning.

Heat oil in a large frying pan, add in the chicken. Fry  
until golden brown and cooked through, about 5-6  
mins each side. Once cooked, transfer the chicken to  
a board, cover with foil and rest.

Take the garlic from the parcel and squeeze it out of  
the skin and mash in a bowl with some mayo, salt &  
pepper.

When everything is ready, serve together.