



Herby Crispy Skin Chicken with Sticky Baked Veg

Classic 45 Minutes • 1 of your 5 a day

15



Potato



Red Onion



Dried Thyme



Garlic Clove



Tomato Purée



Mango Chutney



Coriander



Skin-on Chicken Breast



Kale



Broccoli Florets



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Large Baking Tray, Garlic Press, Bowl, Frying Pan

Ingredients

	2P	3P	4P
Potato	450g	700g	900g
Red Onion	2	3	4
Dried Thyme	1 pot	1 pot	2 pots
Garlic Clove	2	3	4
Tomato Purée	1 sachet	2 sachets	2 sachets
Mango Chutney	1 pot	2 pots	2 pots
Coriander	1 bunch	1 bunch	1 bunch
Oil for the Chicken*	2 tbsp	3 tbsp	4 tbsp
Skin-on Chicken Breast	2	3	4
Kale	100g	150g	200g
Broccoli Florets	200g	300g	400g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	620g	100g
Energy (kJ/kcal)	2423 /579	391 /93
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	64	10
Sugars (g)	21	3
Protein (g)	46	7
Salt (g)	0.46	0.07
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	720g	100g
Energy (kJ/kcal)	2582 /617	358 /86
Fat (g)	17	2
Sat. Fat (g)	3	1
Carbohydrate (g)	66	9
Sugars (g)	23	3
Protein (g)	50	7
Salt (g)	0.48	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve and peel the **onion**. Quarter each half. Pop the **potatoes** and **onions** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper** and sprinkle over the **dried thyme**. Toss to coat, then roast them on the top shelf of your oven until the **potatoes** are golden and the **onions** are nice and soft, 25-35 mins, turn halfway.



Cook the Chicken

Heat a frying pan on medium-high heat (no oil). Once the pan is hot, lay in the **chicken breasts** skin-side down and fry until the skin is golden, 4-5 mins. Turn and cook for 2 mins on the other side, then transfer to a baking tray (skin-side up) and pop on the middle shelf of your oven until cooked, 15-20 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

CUSTOM RECIPE

If you've decided to add **broccoli** to your meal, when the **chicken** has been in the oven for 5 mins, add the **broccoli** to the baking tray with the **potatoes** and roast until tender, 12-15 mins.



Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Put the **garlic** in a bowl with the **tomato purée**, **mango chutney** and 1 tbsp of **water** per person. Mix together and leave to the side.



Cook the Kale

Once the **potatoes** and **onion** are cooked, add the **tomato and chutney mixture** and mix together until they are nicely coated. Lay the **kale** on top, drizzle with a **little oil** and season with **salt** and **pepper**. Return it to your oven and bake until the **kale** is crispy, 4-5 mins.



Prep the Meat

Finely chop the **coriander** (stalks and all) and pop into a medium bowl with the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Add the **chicken** to the bowl and turn to coat in the **mixture**. **IMPORTANT:** *Wash your hands after handling raw meat.*



Finish and Serve

Once cooked, remove the **chicken** from your oven and pop on a board to rest for a couple of mins. Mix the **potatoes**, **onions** and **kale** together in the tray and spoon onto plates. Thinly slice the **chicken** and serve on top.

Enjoy!