



PAPRIKA ROAST CHICKEN

with Veggies and Chips



HELLO PAPRIKA

Paprika can be used as a natural hair dye!



Smoked Paprika



Honey



Olive Oil



Chicken Thigh



White Potato



Dried Thyme



Yellow Pepper



Red Onion



Flat Leaf Parsley



Garlic Mayonnaise

40 mins

Family Box

2 of your 5 a day

Medium Heat

Which came first, the chicken or the egg? We're not sure but we do know that both are good with chips! It's chicken tonight – juicy thighs, subtly flavoured with smoked paprika and honey, roasted on a bed of veggies. Delicious!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl** and two **Baking Trays**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Put the **smoked paprika** in a mixing bowl with the **honey** and **olive oil** (amount specified in the ingredient list). Season with a pinch of **salt** and **black pepper** and mix together. Add the **chicken thighs** to the bowl and rub the flavourings into the meat. Remember to wash your hands afterwards!



2 MAKE THE CHIPS

Chop the **potato** into wedges the size of your index finger (no need to peel!). Put on a baking tray and drizzle over a splash of **oil**. Sprinkle on half the **dried thyme**, season with **salt** and **black pepper** and toss to coat. Roast on the middle shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



3 PREP THE VEGGIES

Halve, then remove the core from the **yellow pepper** and slice into 1cm wide strips. Halve, peel and chop the **red onion** into 2cm pieces.



4 ROAST THE CHICKEN

Put the **pepper** and **onion** on another baking tray and sprinkle over the remaining **dried thyme**. Place the **chicken** on top and roast on the top shelf of your oven until the **veggies** are soft and the **chicken** is cooked, 20-25mins. The **chicken** skin should be slightly scorched as well for extra flavour! ★ **TIP:** *The chicken is cooked when it is no longer pink in the middle.*



5 CHOP THE PARSLEY

Roughly chop the **flat leaf parsley** (stalks and all). There should be time now to do the washing up or just relax for a little while!



6 FINISH AND SERVE

Set the **chicken** aside for a moment. Sprinkle half the **parsley** on the **pepper** and **onion** and toss to combine. Serve the **veggies** on plates with the **chicken thighs** on top and the **chips** to the side. Drizzle over any remaining juices from your baking tray and finish with a sprinkling of the remaining **parsley** and a dollop of **mayonnaise**. **Enjoy!**

4 PEOPLE INGREDIENTS

Smoked Paprika	2 tbsp
Honey	2 tbsp
Olive Oil*	2 tbsp
Chicken Thigh	8
White Potato, chopped	2 packs
Dried Thyme	1 tbsp
Yellow Pepper, sliced	2
Red Onion, chopped	2
Flat Leaf Parsley, chopped	2 bunches
Garlic Mayonnaise 3) 10)	4 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	870	144
(kJ)	3643	604
Fat (g)	37	6
Sat. Fat (g)	9	1
Carbohydrate (g)	60	10
Sugars (g)	17	3
Protein (g)	37	6
Salt (g)	0.28	0.05

ALLERGENS

3)Egg 10)Mustard

Garlic Mayonnaise Ingredients: Rapeseed Oil (78%), Free Range Pasteurised Whole Egg (11%), Water, Garlic Purée (2%), Unrefined Raw Cane Sugar, Acid: Acetic Acid, Sea Salt, Mustard Flour.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

