



Thyme Roast Chicken

with Roast Veggies and Sweet Chilli Sauce

Calorie Smart 40 Minutes • Under 600 Calories • 1.5 of your 5 a day

6



Potato



Red Onion



Carrot



Bell Pepper



Flat Leaf Parsley



Chicken Breast



Dried Thyme



Chicken Stock Powder



Fresh Chilli Jam

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Bowl, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Red Onion**	1	1	2
Carrot**	1	2	2
Bell Pepper***	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Breast**	2	3	4
Dried Thyme	1 small pot	1 large pot	2 small pots
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Fresh Chilli Jam	1 pot	2 pots	2 pots

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	612g	100g
Energy (kJ/kcal)	1900/454	311/74
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	61	10
Sugars (g)	18	3
Protein (g)	46	8
Salt (g)	0.96	0.16

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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Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Prep Time!

Halve, peel and chop the **red onion** into 6 wedges. Trim the **carrot** (no need to peel), quarter lengthways and then chop into roughly 5cm long batons. Halve the **pepper**, remove the core and slice into 1cm wide strips. Roughly chop the **parsley** (stalks and all).



Marinate the Chicken

Put the **chicken** in a bowl with a glug of **oil** and **half** the **dried thyme**. Season with **salt** and **pepper**. Massage the seasoning into your **chicken**. **IMPORTANT:** Wash your hands after handling raw meat. Pop the **red onion**, **carrot** and **pepper** on a baking tray. Sprinkle on the remaining **dried thyme**, add a glug of **oil** and season with **salt** and **pepper**. Toss to coat the **veggies** then roast in your oven until soft and golden, 25-30 mins.



Fry the Chicken

Heat a frying pan on high heat (no oil). Lay in the **chicken breasts** and cook until browned on both sides, 2-3 mins each side. Once browned, transfer to your baking tray on top of the **veggies** and cook for the remaining 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Don't wash your pan - you need it again in a minute!



Make the Glaze

Whilst the chicken is roasting, add the **chicken stock powder** and **water** (see ingredients for amount) to the chicken frying pan, bring to a boil then reduce the heat to a simmer. Add the **chilli jam** and bubble the mixture until thickened, 3-4 mins. Season with **salt** and **pepper**.



Finish and Serve

Once cooked, remove the **chicken**, **veg** and **wedges** from your oven. Slice each **chicken breast** into five slices. Combine the **wedges**, **vegetables** and chopped **parsley** together on one of the baking trays, then spoon onto plates. Arrange the **chicken** on top and reheat the **sweet chilli glaze** if needed. Spoon the **chilli glaze** over the **chicken**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.