






More Than Food
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Herb and Mustard Chicken with Crushed New Potatoes and Garlicky Slaw

Our chef Andre says: "I love this dish. The warm salsa verde releases its incredibly warm flavours into the chicken". There you have it - straight from the horse's mouth. This dish is zesty, warming and wholesome. So, what are you waiting for? Get cooking!



45 mins



lactose free



healthy



gluten free



New Potatoes
(1 pack)



Lemon Thyme
(4 sprigs)



Chicken Thigh (4)



Carrot (2)



Red Cabbage (1/4)



Garlic Mayonnaise
(2 tbsp)



Flat Leaf Parsley
(5 tbsp)



Garlic Clove (1)



Lemon (1)



Dijon Mustard
(2 tsp)

Ingredients

2 PEOPLE ALLERGENS

New Potatoes	1 pack	
Lemon Thyme	4 sprigs	
Chicken Thigh	4	
Carrot, grated	2	
Red Cabbage, sliced	¼	
Garlic Mayonnaise	2 tbsp	Mustard, Egg
Flat Leaf Parsley, chopped	5 tbsp	
Garlic Clove, grated	1	
Lemon	1	
Dijon Mustard	2 tsp	Mustard

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Red cabbage contains flavonoids, which are powerful antioxidants. They are also what give the cabbage its vivid colour!

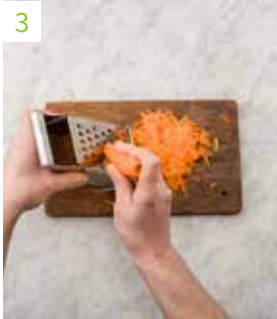
Nutrition per serving: Calories: 610 kcal | Protein: 34 g | Carbs: 60 g | Fat: 28 g | Saturated Fat: 3 g

2



1 Place the **new potatoes** into a pot of cold water. Add ¼ tsp of **salt** and bring to the boil over high heat. Once boiling, reduce the heat to a simmer and cook for 15 mins or until the **potatoes** are tender.

3



2 Pre-heat your oven to 200 degrees. Pick the leaves from the **lemon thyme**. Place the **chicken thighs** on a baking tray, drizzle with 2 tbsp of **oil**, the **lemon thyme** leaves, ¼ tsp of **salt**, a good grind of **black pepper** and coat well. Roast for 25 mins.

5



3 Whilst the **chicken** and **potatoes** are cooking prepare the rest of the dish. For the slaw, peel and chop the top and bottom off the **carrots**, then grate them on the coarse side of your grater. Cut the **cabbage** in half, remove the tough core and cut a quarter of it into ½cm thick slices (or as a thin as you can). Place in a bowl and season with ¼ tsp of **salt** to soften the cabbage. After 15 mins, drain off any liquid from the **cabbage** and mix in the grated **carrot** and the **garlic mayonnaise**.

4



4 Pick the **parsley** leaves and roughly chop. Peel and grate the **garlic** (use a garlic press if you have one!). Zest and juice the **lemon**. Mix half the **parsley** with the **garlic**, **lemon** zest, **lemon** juice, **mustard** and 3 tbsp of **olive oil** together in a small bowl. Keep to one side.

5 When the **potatoes** are cooked, drain and allow the steam to escape in a colander for 1 minute. Return to the pan off the heat and crush the **potatoes** gently with a fork. Mix in the remaining chopped **parsley** and 1 tbsp of **olive oil**. Season with a pinch of **salt** and some **black pepper**.

6 When the **chicken** is cooked and whilst still piping hot, smear with a generous amount of the **parsley**, **lemon** and **mustard** marinade. Serve on top of the crushed **potatoes** with a side of the garlicky slaw.