



# Pan-Fried Garlic Butter Chicken Thighs with Chips and Tomato Salad

Family 35-40 Minutes • 1 of your 5 a day

1



Potatoes



Lemon & Herb Seasoning



Garlic Clove



Echalion Shallot



Flat Leaf Parsley



Medium Tomato



Cider Vinegar



Chicken Thigh



Chicken Stock Paste



Wild Rocket



Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, bowl, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Garlic Clove**	2	3	4
Echalion Shallot**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Medium Tomato	1	1.5	2
Cider Vinegar <b>14)</b>	30ml	45ml	60ml
Chicken Thigh**	4	6	8
Chicken Stock Paste	10g	15g	20g
Wild Rocket**	20g	40g	60g
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter for the Sauce*	30g	60g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	563g	100g	523g	100g
Energy (kJ/kcal)	2981 / 712	529 / 126	2106 / 503	402 / 96
Fat (g)	39.7	7.0	17.1	3.3
Sat. Fat (g)	15.6	2.8	9.0	1.7
Carbohydrate (g)	45.5	8.1	45.7	8.7
Sugars (g)	6.2	1.1	6.4	1.2
Protein (g)	49.0	8.7	46.0	8.8
Salt (g)	1.96	0.35	1.88	0.36

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [helloworldfresh.co.uk](https://helloworldfresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## 1 Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **lemon & herb seasoning**, add a pinch of **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## 4 Fry the Chicken

Once the **oil** is hot, lay the **chicken thighs** flat in the pan. Season and fry until golden and cooked through, 13-15 mins. Turn every 2-3 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle. Once cooked, transfer to a plate and cover with foil to rest.

## CUSTOM RECIPE

Fry the **chicken breasts** for 7-8 mins each side instead, until golden. Cover and rest on a plate. Continue with the recipe as instructed.

**IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## 2 Get Prepped

While the **chips** cook, peel and grate the **garlic** (or use a garlic press). Halve, peel, and chop the **shallot** into small pieces.

Roughly chop the **parsley** (stalks and all).

## CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, prep now. Sandwich each **breast** between two pieces of baking paper. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 2-3cm thick. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## 5 Make the Parsley Sauce

Return the (now empty) frying pan with a drizzle of **oil** (if needed) on medium heat. Once hot, add the **shallot** and cook until softened, 4-5 mins. Stir in the **garlic** and cook for 30 secs.

Pour the remaining **cider vinegar** into the pan and allow it to evaporate, 30 secs. Add the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil, then lower the heat and simmer for 1-2 mins.

Stir through the **butter** and **parsley**. Simmer until the **sauce** is thickened, 2-3 mins.



## 3 Dress the Tomatoes

Cut the **tomato** into 1cm chunks, then add to a medium bowl with **half** the **cider vinegar**, a drizzle of **oil** and the **sugar for the dressing** (see pantry for amount). Season with **salt** and **pepper**. Set aside for now.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.



## 6 Serve Up

Just before you are ready to serve, add the **rocket** to the bowl of **tomatoes** and toss to coat in the **dressing**.

Share the **chicken** between your plates. Spoon over the **buttery sauce** from the pan.

Serve with your **chips** and **salad** alongside.

## Enjoy!