



Lemon and Herb Chicken with Sticky Baked Veg and Crispy Kale

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories

24



Garlic Clove



Lemon and Herb Seasoning



Chicken Breast Skin-On



Potatoes



Red Onion



Tomato Puree



Mango Chutney



Chopped Kale

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

Garlic press, bowl, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Lemon and Herb Seasoning	1 sachet	1 sachet	2 sachets
Chicken Breast Skin-On**	2	3	4
Potatoes	450g	700g	900g
Red Onion**	2	3	4
Tomato Puree	30g	60g	60g
Mango Chutney	40g	80g	80g
Chopped Kale**	100g	150g	200g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	626g 2656 /635	100g 424 /101
Fat (g)	20.1	3.2
Sat. Fat (g)	4.4	0.7
Carbohydrate (g)	72.4	11.6
Sugars (g)	25.2	4.0
Protein (g)	46.5	7.4
Salt (g)	0.72	0.12

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

Point™ values based on low-cal cooking spray oil.

Allergens

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

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1 Marinate the Chicken

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

Peel and grate the **garlic** (or use a garlic press). Pop **half** the **garlic** into a medium bowl with the **lemon and herb seasoning** and **olive oil for the marinade** (see pantry for amount). Season with **salt and pepper** and mix together.

Add the **chicken** to the bowl and mix to coat well.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



4 Mix the Sticky Sauce

While everything roasts, in a small bowl, combine the remaining **garlic** with the **tomato puree**, **mango chutney** and **water for the sauce** (see pantry for amount). Set aside.



2 Time to Fry

Heat a frying pan on medium-high heat (no oil).

Once hot, lay the **chicken** into the pan, skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). Halve and peel the **red onions**, then quarter each half.

Pop the **veg** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat. Spread out in a single layer.



5 Crisp up the Kale

Once the **veg** has roasted, add the **sticky sauce** to the tray and mix together until well coated.

Lay the **kale** on top of the **sticky veg**, drizzle with a little **oil** and season with **salt and pepper**.

TIP: Remove any tough stalks from the kale.

Return the tray to your oven and bake on the middle shelf until the **kale** is crispy, 7-8 mins.



3 Get Roasting

When the oven is hot, roast the **potatoes** and **onions** on the middle shelf until golden, 30-40 mins. Turn halfway through.

Once seared, transfer the **chicken** to another baking tray, skin-side up, then roast on the top shelf until cooked, 18-25 mins.

When the **chicken** is cooked, transfer to a board to rest for a couple of mins loosely covered in foil. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



6 Finish and Serve

When everything's ready, cut the **chicken** widthways into 2cm thick slices.

Mix the **potatoes**, **onions** and **kale** together in the tray and share between your plates. Top with the **lemon and herb chicken**.

Enjoy!

