







Potatoes



Dried Oregano



Garlic Clove



Chicken Thighs



Lemon & Herb



Seasoning



Creme Fraiche



Fresh Pesto



Pantry Items Oil, Salt, Pepper

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, aluminium foil

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g 700g		900g
Dried Oregano	1 sachet 1½ sachets		2 sachets
Garlic Clove**	1	2	2
Chicken Thighs**	3	4	6
Lemon & Herb Seasoning	2 sachets 3 sachets		4 sachets
Peas**	120g	180g	240g
Creme Fraiche** 7)	75g	150g	150g
Fresh Pesto** 7)	32g	48g	64g
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml

Nutrition

*Not Included **Store in the Fridge

Taci icion			Custom Recipe	
Per servina	Per 100a	Per servina	Per 100g	
529g	100g	539g	100g	
2980 /712	563 /135	2513/601	466/111	
38.8	7.3	22.7	4.2	
14.6	2.8	9.9	1.8	
57.3	10.8	56.1	10.4	
7.3	1.4	7.4	1.4	
40.1	7.6	47.5	8.8	
0.82	0.15	0.84	0.16	
	Per serving 529g 2980 /712 38.8 14.6 57.3 7.3 40.1	Per serving Per 100g 529g 100g 2980 /712 563 /135 38.8 7.3 14.6 2.8 57.3 10.8 7.3 1.4 40.1 7.6	Per serving 100g 539g 100g 539g 2980 /712 563 /135 2513 /601 38.8 7.3 22.7 14.6 2.8 9.9 57.3 10.8 56.1 7.3 1.4 7.4 40.1 7.6 47.5	

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

Allergens

7) Milk

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.

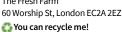
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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel), then add to a large baking tray. Drizzle with oil, sprinkle over the **dried oregano**, then season with salt and pepper. Toss to coat. Spread out in a single layer. TIP: Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

In the meantime, peel and grate the **garlic** (or use a garlic press).



Season the Chicken

In a large bowl, add the chicken thighs, garlic, lemon & herb seasoning and a good drizzle of oil.

Season with salt and pepper, then toss to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen chicken breast instead of thigh, prep the **chicken** in the same way.



Pan-Fry the Chicken

Heat a drizzle of oil in a large frying pan on medium-high heat.

Once hot, lay the chicken thighs flat in the pan. Fry until browned all over, 3-4 mins each side.

CUSTOM RECIPE

Fry the **chicken breasts** in the pan for 5 mins on each side instead.



Roast the Chicken

Once the **chicken** is browned, pop it onto a baking tray lined with foil.

Bake on the middle shelf of your oven until cooked through, 12-15 mins. IMPORTANT: The chicken is cooked when no longer pink in the middle.

Meanwhile, clean the pan used for the chicken thighs.

CUSTOM RECIPE

Once browned, pop the **chicken** onto a baking tray and roast on the middle shelf, 10-12 mins. When cooked, remove from your oven and cover with foil. Serve the **chicken** in the same way in the final step. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



Make the Pesto Sauce

When the **potatoes** have 5 mins remaining, return the (now clean) chicken pan to medium-high heat with a drizzle of oil.

Once hot, add the **peas** and stir-fry for 2-3 mins. Season with **salt** and **pepper**.

Transfer the **peas** to a bowl and leave to one side. Cover with a lid or foil to keep warm.

Return the (now empty) pan to medium-high heat (no need to clean). Add the creme fraiche, pesto and water for the sauce (see pantry for amount). Stir to combine, bring to a boil, then lower the heat and simmer until piping hot, 1-2 mins. Add a splash of water if it's too thick.



Finish and Serve

When everything's ready, share the **chicken thighs** between your serving plates.

Serve the **roasted potatoes** and **peas** alongside. Finish by spooning the **creamy pesto sauce** over your **chicken**.

Enjoy!