



Chicken Thighs in Creamy Pesto Sauce with Oregano Roasted Potatoes and Peas

Family 35-40 Minutes

1



Potatoes



Dried Oregano



Garlic Clove



Chicken Thighs



Lemon & Herb Seasoning



Peas



Crema Fraiche



Fresh Pesto



Chicken Breast

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 and lid.

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
Crema 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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	529g	100g	539g	100g
Energy (kJ/kcal)	2980 / 712	563 / 135	2513 / 601	466 / 111
Fat (g)	38.8	7.3	22.7	4.2
Sat. Fat (g)	14.6	2.8	9.9	1.8
Carbohydrate (g)	57.3	10.8	56.1	10.4
Sugars (g)	7.3	1.4	7.4	1.4
Protein (g)	40.1	7.6	47.5	8.8
Salt (g)	0.82	0.15	0.84	0.16

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.

Contact

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1



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).

4



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.

2



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.

3



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.

5



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.

6



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!