



Hot Honey Spiced Chicken Thighs with Rosemary Chips and Baby Gem Salad

27

Calorie Smart 30-35 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



Dried Rosemary



Chicken Thighs



Central American
Style Spice Mix



Honey



Hot Sauce



Baby Gem
Lettuce



Medium Tomato



Red Wine
Vinegar



Chicken Breasts

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. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Chicken Thighs**	4	6	8
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Honey	15g	22g	30g
Hot Sauce	30g	50g	60g
Baby Gem Lettuce**	1	2	2
Medium Tomato**	1	1½	2
Red Wine Vinegar 14)	12g	18g	24g
Chicken Breasts**	2	3	4

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	558g	100g	518g	100g
Energy (kJ/kcal)	2670 / 638	479 / 114	1795 / 429	347 / 83
Fat (g)	27.6	5.0	4.9	1.0
Sat. Fat (g)	8.0	1.4	1.4	0.3
Carbohydrate (g)	55.7	10.0	55.9	10.8
Sugars (g)	11.8	2.1	12.0	2.3
Protein (g)	47.9	8.6	44.8	8.7
Salt (g)	1.07	0.19	0.99	0.19

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, cereals containing 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. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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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 **dried rosemary**, 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, bake on the top shelf until golden, 25-30 mins.



Bake the Chicken

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

Remove the **chips** from the oven, turn them, then pop onto the middle shelf.

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

CUSTOM RECIPE

Once browned, pop the **chicken** onto a baking tray and roast on the top shelf, 10-12 mins. When cooked, remove from your oven and cover with foil. Once rested, slice each **chicken breast** widthways into 2cm thick slices and serve.

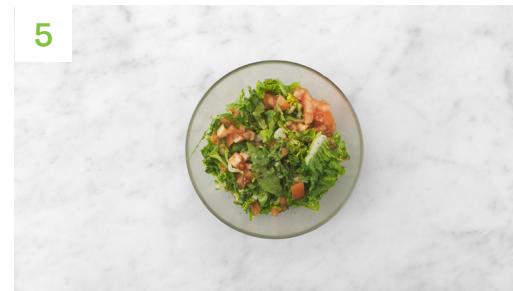


Spice the Chicken

Meanwhile, in a medium bowl, add the **chicken thighs**, **Central American style spice mix** and a drizzle of **oil**. Season with **salt** and **pepper**, then mix to coat the **chicken** in the **spices**. **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 in the same way.



Make the Salad

While the **chicken** bakes, trim the **baby gem**, halve lengthways, then thinly slice. Cut the **tomato** into 1cm chunks.

In a medium bowl, combine the **red wine vinegar**, a drizzle of **oil**, a pinch of **sugar** (if you have any) and season with **salt** and **pepper**. Stir the **tomato chunks** into the **dressing**.

Just before everything's ready, toss the **salad** through the **dressing**. **TIP:** Don't add the leaves too early or they'll go soggy.



Get Frying

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.

While the **chicken** fries, in a small bowl, mix together the **honey** and **hot sauce**. This is your **hot honey sauce** - set aside for now. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

CUSTOM RECIPE

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



Serve

Share the **spiced chicken thighs** between your plates.

Serve the **rosemary chips** and **salad** alongside.

Drizzle the **hot honey sauce** over the **chicken thighs** to finish.

Enjoy!