



Family Favourite Lemon & Oregano Chicken

with Chive Butter Sauce and Garlicky Green Beans

10

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



Potatoes



Lemon



Green Beans



Echalion Shallot



Chives



Garlic Clove



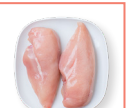
British Chicken Thighs



Dried Oregano



Chicken Stock Paste



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Butter

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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, fine grater, garlic press, frying pan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon**	1	1	2
Green Beans**	150g	200g	200g
Echalion Shallot**	1	1½	2
Chives**	1 bunch	1 bunch	2 bunches
Garlic Clove**	1	2	2
British Chicken Thighs**	4	6	8
Dried Oregano	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
British Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Water for the Sauce*	75ml	120ml	150ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	652g	100g	612g	100g
Energy (kJ/kcal)	2998 / 717	460 / 110	2123 / 507	347 / 83
Fat (g)	35.8	5.5	13.1	2.1
Sat. Fat (g)	13.2	2.0	6.6	1.1
Carbohydrate (g)	57.9	8.9	58.0	9.5
Sugars (g)	9.6	1.5	9.7	1.6
Protein (g)	50.1	7.7	47.0	7.7
Salt (g)	1.72	0.26	1.64	0.27

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

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, mollusc, 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.

Contact

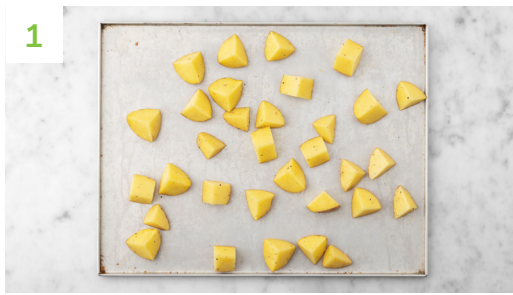
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Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, roast the **potatoes** on the middle shelf for 30-40 mins.



Fry the Beans

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

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in **half** the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Transfer to a bowl and cover to keep warm.



Get Prepped

Meanwhile, zest and halve the **lemon**, then slice one **half** into half moons.

Trim the **green beans**. Halve, peel and thinly slice the **shallot**.

Finely chop the **chives** (use scissors if easier). Peel and grate the **garlic** (or use a garlic press).



Make the Sauce

Return the (now empty) frying pan to medium heat with a drizzle of **oil**.

Add the **shallot** and cook until softened, 3-4 mins. Stir in the remaining **garlic** and cook, 30 secs.

Add the **chicken stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until reduced slightly, 2-3 mins.

Stir through the **butter** (see pantry for amount) until melted, then remove from the heat. Stir in **half** the **chives** and a squeeze of **lemon juice**.

Taste and season with **salt**, **pepper** and more **lemon juice** if needed.



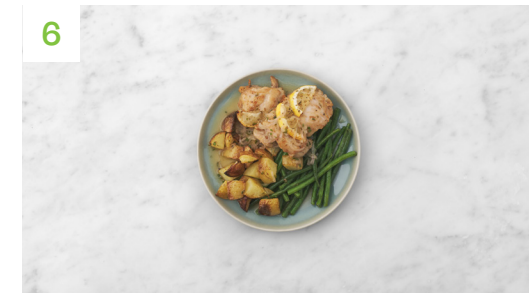
Roast the Chicken

Lay the **chicken thighs** on a baking tray, drizzle with **oil**, sprinkle over the **dried oregano** and season with **salt** and **pepper**. Top with the **lemon slices**.

Roast on the middle shelf until browned and cooked through, 16-18 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

↔ Swap to Chicken Breast

Prep the **chicken breasts** in the same way, then bake on the top shelf for 25-30 mins ahead. Slice into 2cm thick slices before serving.



Finish and Serve

When everything's ready, add the **lemon zest** and remaining **chives** to the **roasted potato chunks**. Toss to combine.

Share the **chicken thighs** between your plates. Serve the **potato chunks** and **garlicky green beans** alongside.

Spoon the **chive butter sauce** over the **chicken**.

Enjoy!