



Family Favourite Thyme Roasted Chicken with Roasted Veg and Chilli Glaze

Family 45-50 Minutes • Mild Spice • 2 of your 5 a day

1



Potatoes



Red Onion



Carrot



Bell Pepper



British Chicken Breasts



Dried Thyme



Chicken Stock Paste



Red Pepper Chilli Jelly



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Olive Oil

+ Add Bacon Lardons

If you chose to add bacon lardons, 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 and frying pan.

Ingredients

| Ingredients | 2P | 3P | 4P |
|--------------------------------|----------|----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Red Onion | 1 | 1 | 2 |
| Carrot** | 2 | 3 | 4 |
| Bell Pepper*** | 1 | 2 | 2 |
| British Chicken Breasts** | 2 | 3 | 4 |
| Dried Thyme | 1 sachet | 1 sachet | 2 sachets |
| Chicken Stock Paste | 10g | 15g | 20g |
| Red Pepper Chilli Jelly | 25g | 37g | 50g |
| British Smoked Bacon Lardons** | 90g | 120g | 180g |

| Pantry | 2P | 3P | 4P |
|-----------------------------|--------|---------|--------|
| Olive Oil for the Marinade* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Water for the Glaze* | 50ml | 75ml | 100ml |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|----------|---------------|----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 676g | 100g | 721g | 100g |
| Energy (kJ/kcal) | 2214 / 529 | 328 / 78 | 2701 / 646 | 375 / 90 |
| Fat (g) | 9.0 | 1.3 | 18.2 | 2.5 |
| Sat. Fat (g) | 1.9 | 0.3 | 4.8 | 0.7 |
| Carbohydrate (g) | 70.2 | 10.4 | 71.1 | 9.9 |
| Sugars (g) | 23.0 | 3.4 | 23.1 | 3.2 |
| Protein (g) | 46.0 | 6.8 | 53.7 | 7.4 |
| Salt (g) | 1.40 | 0.21 | 2.63 | 0.37 |

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.

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

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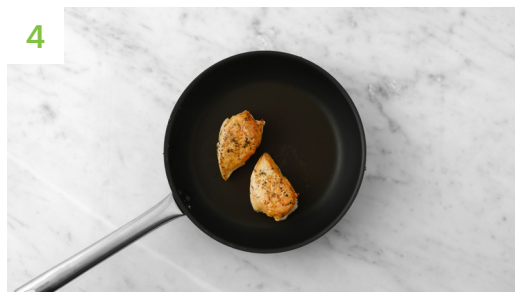
Cook the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop 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 middle shelf until golden, 30-40 mins. Turn halfway through.



Get Frying

While the **veg** roasts, heat a large frying pan on medium-high heat (no oil).

Once hot, lay the **marinated chicken** into the pan and cook until browned, 5 mins each side.

When the **veg** has been in the oven for 10 mins, pop the **chicken** on top of the **veg** and roast for the remaining 15-20 mins. Set your pan aside.

Once cooked, transfer the **chicken** to a board. Cover and allow to rest. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

+ Add Bacon Lardons

If you're adding **bacon**, add to the pan with the **chicken**. Cook for the same amount of time. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Prep Time

Meanwhile, halve and peel the **red onion**, then cut each half into 3 wedges.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

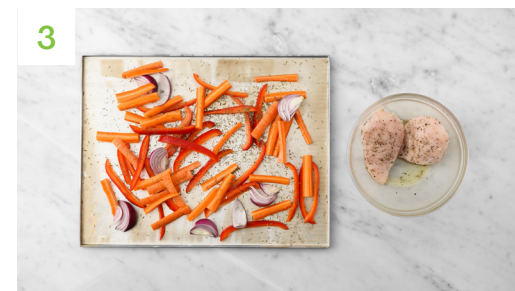


Make the Chilli Glaze

Meanwhile, pop the (now empty) frying pan back on medium heat (no need to clean).

Add the **water for the glaze** (see pantry for amount) and **chicken stock paste**. Bring to a boil, then reduce the heat and simmer for 1-2 mins.

Add the **red pepper chilli jelly** and stir well to combine (use a whisk if necessary). Simmer until thickened and glossy, 3-4 mins, then remove from the heat.



Marinate the Chicken

Add the **chicken breasts** to a large bowl with the **olive oil for the marinade** (see pantry for amount) and **half the dried thyme**. Season with **salt** and **pepper**, mix well, then set aside. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Pop the **veg** onto a baking tray. Drizzle with **oil**, sprinkle over the remaining **thyme** and season. Toss to coat, then roast on the top shelf of your oven until softened, 25-30 mins. Turn halfway through.



Finish and Serve

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

Add the **roasted veg** to the tray of **wedges** and gently toss together. Transfer to your plates and arrange the **sliced chicken** on top.

Reheat the **chilli glaze** if needed, adding a splash of **water** if it needs loosening a little, then spoon over the **chicken** to finish.

Enjoy!