



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



British Chicken
Breasts



Dried Thyme



Chicken Stock
Paste



Red Pepper
Chilli Jelly



Peas

Pantry Items

Oil, Salt, Pepper, Olive Oil

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
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
Peas**	120g	180g	240g
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

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	671g 2316 /554	100g 345 /83
Fat (g)	9.3	1.4
Sat. Fat (g)	2.0	0.3
Carbohydrate (g)	73.4	10.9
Sugars (g)	23.2	3.5
Protein (g)	48.7	7.3
Salt (g)	1.41	0.21

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.

Contact

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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 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.



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.



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.

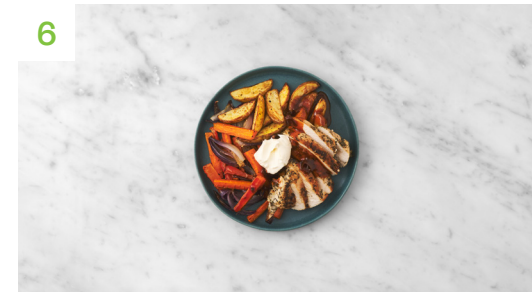
Add the **red pepper chilli jelly** and stir well to combine (use a whisk if necessary). Simmer until thickened and glossy, 3-4 mins, then remove from the heat.



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 **carrots** and **onion** 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** and **peas** to the tray of **potato wedges** and gently toss together. Pop back in the oven until the **peas** are piping hot, 2-3 mins, then remove.

Transfer the **veg** 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!