



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

Family Eat Me Early • 35-40 Minutes

1



Potatoes



Dried Oregano



Garlic Clove



Chicken Thigh



Lemon & Herb Seasoning



Peas



Creme Fraiche



Fresh Pesto



Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Olive Oil

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on 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 Thigh**	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	50g	64g
Chicken Breast**	2	3	4
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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	492g	100g	502g	100g
Energy (kJ/kcal)	2905/694	591/141	2438/583	486/116
Fat (g)	39.1	7.9	22.9	4.6
Sat. Fat (g)	14.6	3.0	9.9	2.0
Carbohydrate (g)	52.6	10.7	51.4	10.2
Sugars (g)	7.0	1.4	7.2	1.4
Protein (g)	40.6	8.3	48.0	9.6
Salt (g)	1.02	0.21	1.04	0.21

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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## Get Started

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**, sprinkle over the **oregano**, 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.



## Roast the Chicken

Once the **chicken** is browned, lay them 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**.



## Season the Chicken

In the meantime, peel and grate the **garlic** (or use a garlic press).

In a large bowl, add the **chicken thighs, garlic, lemon & herb seasoning** and a good drizzle of **olive oil**.

Season with **salt** and **pepper**, then toss to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Make the Creamy Pesto Sauce

When the **potatoes** have 5 mins left, return the (now empty) 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 pan to medium-high heat and 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.



## 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

If you've chosen **chicken breasts** instead of **chicken thighs**, fry for 5 mins on each side, then continue as instructed.



## Finish and Serve

When everything's ready, share the **chicken thighs** between your plates. Serve the **roasted potatoes** and **peas** alongside.

Finish by spooning the **creamy pesto sauce** over your **chicken**.

**Enjoy!**