



Lemon, Garlic & Herb Chicken Thighs with Roasted Veg and Lemon Yoghurt

27

Calorie Smart 30-35 Minutes • Mild Spice • 3 of your 5 a day • Under 650 Calories



Broccoli



Courgette



Red Onion



Garlic Clove



Lemon



Italian Style Herbs



Flaked Almonds



Chicken Thigh



Low Fat Natural Yoghurt

Pantry Item
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, fine grater, bowl, baking tray and frying pan.

Ingredients

	2P	3P	4P
Broccoli**	1	2	2
Courgette**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Lemon**	1	1	1
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Flaked Almonds 2)	15g	25g	40g
Chicken Thigh**	4	6	8
Low Fat Natural Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	610g	100g
Energy (kJ/kcal)	2389 /571	392 /94
Fat (g)	34	6
Sat. Fat (g)	8	1
Carbohydrate (g)	18	3
Sugars (g)	12	2
Protein (g)	47	8
Salt (g)	0.27	0.04

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nuts 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.

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Packed in the UK

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Get Prepped

Preheat your oven to 200°C. Cut the **broccoli** into **florets** (like small trees). Trim the **courgette**, then quarter lengthways. Chop into 2cm chunks. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**. Pop the **lemon zest, garlic** and **Italian style herbs** into a small bowl with the **olive oil** (see ingredients for amount), then mix well. Set aside.



Cook the Chicken

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. Pour over the **lemon, garlic & herb oil** then cook for 1 min more, turning the **chicken** to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Roast the Veg

Pop the **broccoli, courgette** and **onion** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until the **veg** is tender and starting to char, 18-22 mins. Turn halfway through.



Mix the Lemon Yoghurt

Meanwhile, combine the **yoghurt**, a squeeze of **lemon juice** and plenty of **pepper** in a small bowl. Mix well, then season to taste with **salt**. Cut the remaining **lemon** into wedges.



Toast the Almonds

Meanwhile, heat a medium frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily. Transfer the **toasted almonds** to a small bowl, then pop the (now empty) pan on medium-high heat with a drizzle of **oil**.



Serve

When everything is ready, share the **chicken thighs** between your plates with the **roasted veg** alongside. Finish with a drizzle of **lemon yoghurt** and a sprinkle of **toasted almonds** over the top. Serve with a **lemon wedge** for squeezing over.

Enjoy!

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