



# HERBY ROAST CHICKEN

with Saffron Aioli, Roasted Wedges and Veggies



## HELLO SAFFRON

*The world's most expensive spice, saffron is worth more than its weight in gold!*



Potato



Red Onion



Carrot



Red Pepper



Chicken Breast



Dried Thyme



Saffron Powder



Garlic Mayonnaise

MEAL BAG

40 mins

3.5 of your 5 a day

Cooking the red onion, carrot and red pepper in the same tray as the chicken creates a lovely depth of flavour and will leave your kitchen smelling amazing. With just 10 minutes hands-on cooking time, and with minimal washing up, this is a great thing to knock together if you've got a full house or are just in the mood for something hassle-free. Adding saffron to garlicky aioli adds a little bit of luxury to this dish and is a flavour combination you'll be recreating time and time again.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, a **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



## 1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** into 2cm wide wedges (no need to peel). Lay the **wedges** on a lined baking tray and drizzle over a little **oil**. Season with **salt** and **pepper** and toss to coat. Roast on the top shelf of your oven until golden brown on the outside and soft on the inside, 30-35 mins. Turn halfway through cooking.



## 2 PREP THE VEGGIES

Halve, peel and chop the **red onion** into 2cm chunks. Remove the top and bottom from the **carrot** (no need to peel), halve lengthways and chop into batons the size of your little finger. Halve the **pepper**, remove the core and slice into thin strips.



## 3 COAT THE CHICKEN

Put the **chicken** in a mixing bowl and add the **olive oil** (see ingredients for amount), **half the dried thyme**, **salt** and a grind of **pepper**. Massage the **seasoning** into your **chicken**. **IMPORTANT:** Remember to wash your hands after handling raw meat! Pop the **onion**, **carrot** and **pepper** on another lined baking tray, season with a pinch of **salt**, a good grind of **pepper**, the remaining **dried thyme** and a glug of **oil**. Toss to coat the **veggies** then roast on the middle shelf of your oven for 25 mins.



## 4 COOK THE CHICKEN

Heat a splash of **oil** in a frying pan on medium-high heat. Lay in the **chicken breasts**. Cook until browned, 2 mins on each side. Transfer to the baking tray on top of the **veggies**, swap the trays over so the **veggies** and **chicken** are on the top shelf and the **wedges** on the middle. Cook for the remaining 15-20 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 5 MAKE THE AIOLI

Whilst the chicken, veggies and wedges are roasting, pop the **mayonnaise** in a small bowl and mix in the **saffron powder**. Add a splash of **water** and stir well. You want a thick saucy consistency so add more or less water as required.



## 6 FINISH AND SERVE

Take the **chicken**, **veggies** and **wedges** out of your oven. Slice each **chicken breast** into five strips. Combine the **veggies** and **wedges** together and share between your plates. Arrange the **chicken** on top and then spoon the **saffron aioli** over. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Red Onion	1	1	2
Carrot	1	2	2
Red Pepper	1	2	2
Chicken Breast	2	3	4
Olive Oil*	2 tbsp	3 tbsp	4
Dried Thyme	½ pot	½ pot	1 pot
Garlic Mayonnaise (8) (9)	2 sachets	3 sachets	4 sachets
Saffron Powder	1 sachet	1 sachet	1 sachet

Not Included\*

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 623G	PER 100G
Energy (kcal)	741	119
(kJ)	3100	498
Fat (g)	18	3
Sat. Fat (g)	4	1
Carbohydrate (g)	58	9
Sugars (g)	14	2
Protein (g)	45	7
Salt (g)	0.45	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

8) Egg 9) Mustard

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

## THUMBS UP OR THUMBS DOWN?

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