



Spring Chicken, Peas and Potatoes

with Roasted Shallots, Greek Style Salad Cheese and Pesto

Spring Greens 35-40 Minutes • 1 of your 5 a day

5



Potatoes



Garlic Clove



Chicken Thigh



Lemon & Herb Seasoning



Echalion Shallot



Fresh Pesto



Peas



Greek Style Salad Cheese



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Mayonnaise, Butter

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 and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Chicken Thigh**	3	4	6
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Echalion Shallot**	1	2	2
Fresh Pesto** 7)	32g	50g	64g
Peas**	120g	180g	240g
Greek Style Salad Cheese** 7)	50g	75g	100g
Chicken Breast**	2	3	4
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	528g	100g	538g	100g
Energy (kJ/kcal)	3219 /769	609 /146	2752 /657	511 /122
Fat (g)	45.9	8.7	29.8	5.5
Sat. Fat (g)	14.0	2.6	9.2	1.7
Carbohydrate (g)	51.3	9.7	50.1	9.3
Sugars (g)	7.1	1.3	7.3	1.4
Protein (g)	44.0	8.3	51.4	9.6
Salt (g)	1.73	0.33	1.75	0.32

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Potatoes

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**, 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.



Ready, Steady, Bake

When the **chicken** is browned, pop it onto a baking tray lined with foil. Add the **shallot** to the tray with a drizzle of **oil**.

Bake the **chicken** 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.



Marinate the Chicken

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

Pop the **chicken** into a bowl with a drizzle of **oil**, the **lemon & herb seasoning** and **garlic**. Season with **salt** and **pepper**, stir to coat. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Halve and peel the **shallot**, then cut each half into 3 slices.



Pesto Mayo Time

Meanwhile, mix together the **pesto** and **mayo** (see pantry for amount). Set aside.

When the **chicken** and **shallot** are cooked, toss through the **peas** and **butter** (see pantry for amount). Cover to keep warm while the **potatoes** finish cooking.



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 to get **chicken breasts** instead of thighs, fry for 5 mins on each side instead, then continue as instructed.



Serve Up

Share the **roast potatoes** between your bowls. Top with the **chicken**, **roasted shallot** and **peas**.

Dollop on the **pesto mayo** and crumble over the **Greek style salad cheese** to finish.

Enjoy!