



Thyme Roast Chicken

with Roast Veggies and Sweet Chilli Sauce

N° 7

BALANCED 40 Minutes • Under 600 Calories • 1.5 of your 5 a day



Potato



Red Onion



Carrot



Red Pepper



Flat Leaf Parsley



Chicken Breast



Dried Thyme



Chicken Stock Powder



Fresh Chilli Jam

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Mixing Bowl, Frying Pan, Baking Tray and Measuring Jug.

Ingredients

	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
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Breast**	2	3	4
Dried Thyme	1 small pot	1 small pot	1 large pot
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Fresh Chilli Jam	1 pot	2 pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	608g	100g
Energy (kJ/kcal)	1879 /449	309 /74
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	60	10
Sugars (g)	18	3
Protein (g)	46	8
Salt (g)	0.97	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Fry the Chicken

Heat a frying pan on high heat (no oil). Lay in the **chicken breasts** and cook until browned on both sides, 2-3 mins each side. Once browned, transfer to your baking tray on top of the **veggies** and cook for the remaining 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Don't wash your pan - you need it again in a minute!



2. Prep Time!

Halve, peel and chop the **red onion** into 6 wedges. Trim the **carrot** (no need to peel), quarter lengthways and then chop into roughly 5cm long batons. Halve the **pepper**, remove the core and slice into 1cm wide strips. Roughly chop the **parsley** (stalks and all).



5. Make the Glaze

Whilst the **chicken** is roasting, add the **chicken stock powder** and **water** (see ingredients for amount) to the **chicken** frying pan, bring to a boil then reduce the heat to a simmer. Add the **chilli jam** and bubble the mixture until thickened, 3-4 mins. Season with **salt** and **pepper**.



3. Marinate the Chicken

Put the **chicken** in a bowl with a glug of **oil** and **half** the **dried thyme**. Season with **salt** and **pepper**. Massage the seasoning into your **chicken**. **IMPORTANT:** Wash your hands after handling raw meat. Pop the **red onion**, **carrot** and **pepper** on a baking tray. Sprinkle on the remaining **dried thyme**, add a glug of **oil** and season with **salt** and **pepper**. Toss to coat the **veggies** then roast in your oven until soft and golden, 25-30 mins.



6. Finish and Serve

Once cooked, remove the **chicken**, **veg** and **wedges** from your oven. Slice each **chicken breast** into five slices. Combine the **wedges**, **vegetables** and **chopped parsley** together on one of the baking trays, then spoon onto plates. Arrange the **chicken** on top and reheat the **sweet chilli glaze** if needed. Spoon the **sweet chilli glaze** over the **chicken**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • High Protein

Featured Ingredient: Carrots are a rich source of vitamin A, which promotes good vision. Vitamin A is more readily absorbed if the carrot is cooked, this can be by adding it to a stir fry, making a purée or just simply adding to stews and soups.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.