



# Thyme Roasted Chicken

with Roasted Veggies and Sweet Chilli Glaze

**Classic** 45 Minutes • Mild Spice • 2 of your 5 a day

1



Potatoes



Red Onion



Carrot



Bell Pepper



Flat Leaf Parsley



Chicken Breast



Dried Thyme



Chicken Stock Paste



Sweet Chilli Sauce



Bacon Lardons



### CUSTOM RECIPE

This is a Custom recipe. If you choose 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 veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, bowl, frying pan and whisk.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Carrot**	2	3	4
Bell Pepper***	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Breast**	2	3	4
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Dried Thyme	1 sachet	2 sachets	2 sachets
Water for the Glaze*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Sweet Chilli Sauce	32g	64g	64g
 Bacon Lardons**	90g	120g	180g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	654g	100g
Energy (kJ/kcal)	2100/502	321/77
Fat (g)	9	1
Sat. Fat (g)	2	1
Carbohydrate (g)	64	10
Sugars (g)	21	3
Protein (g)	46	7
Salt (g)	1.37	0.21

	Per serving	Per 100g
for uncooked ingredient	699g	100g
Energy (kJ/kcal)	2588/619	370/89
Fat (g)	18	3
Sat. Fat (g)	5	1
Carbohydrate (g)	65	9
Sugars (g)	21	3
Protein (g)	54	8
Salt (g)	2.60	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

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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## Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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 middle shelf until golden, 30-40 mins. Turn halfway through.



## Fry the Chicken

While the **veg** roasts, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, lay the **chicken** into the pan and cook until browned on both sides, 3-5 mins each side. Once the **veg** has been in the oven for 10 mins, pop the **chicken** on top and roast for the remaining 15-20 mins. Set your pan aside - no need to wash it. Once cooked, transfer the **chicken** to a board. Cover loosely with foil and allow to rest. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

## CUSTOM RECIPE

If you've chosen to add **bacon** to your meal, add to the **veg** tray after 10 mins of roasting, then pop the **chicken** on top and continue as instructed. **IMPORTANT:** Wash your hands after handling raw meat. Cook lardons thoroughly.



## Prep Time

Meanwhile, halve and peel the **red onion**, then cut each half into 3 wedges. Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Halve the **pepper** and discard the core and seeds. Slice into 1cm wide strips. Roughly chop the **parsley** (stalks and all).



## Make the Glaze

Meanwhile, pop the (now empty) frying pan back on medium heat. Add the **water for the glaze** (see ingredients for amount) and **chicken stock paste**. Bring to a boil then reduce the heat and simmer for 1-2 mins. Add the **sweet chilli sauce** and stir well to combine (use a whisk if necessary). Simmer the **mixture** until thickened and glossy, 3-4 mins, then remove from the heat.



## Marinate the Chicken

Put the **chicken** into a bowl with the **olive oil** (see ingredients for amount) and **half the dried thyme**. Season with **salt** and **pepper**, mix together then set aside. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. Pop the **onion**, **carrots** and **peppers** onto a baking tray. Drizzle with **oil**, sprinkle on the remaining **dried thyme** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until soft and golden, 25-30 mins. turn halfway through.



## Finish and Serve

When ready, remove the **veg** and **wedges** from your oven. Slice each **chicken breast** into five pieces. Add the **roasted veg** to the **wedges'** baking tray, sprinkle over the **parsley** and gently toss together. Transfer to your plates and arrange the **chicken** on top. Reheat the **sweet chilli glaze** if needed (add a splash of water if it needs loosening a little), then spoon over the **chicken**.

Enjoy!