



Thyme Roasted Chicken

with Roasted Veg and Sweet Chilli Glaze

Calorie Smart 40-45 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories

24



Potatoes



Red Onion



Carrot



Bell Pepper



Flat Leaf Parsley



Chicken Fillet



Dried Thyme



Chicken Stock Paste



Fresh Chilli Jam

Pantry Items
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

Baking tray, bowl, frying pan and aluminium foil.

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 Fillet**	2	3	4
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Dried Thyme	1 pot	1 pot	1 pot
Water for the Glaze*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Fresh Chilli Jam	25g	37g	50g

*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	653g	100g
Energy (kJ/kcal)	2120 / 507	325 / 78
Fat (g)	8.6	1.3
Sat. Fat (g)	1.8	0.3
Carbohydrate (g)	64.9	10.0
Sugars (g)	20.4	3.1
Protein (g)	46.2	7.1
Salt (g)	1.28	0.20

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

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop 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 large frying pan on medium-high heat (no oil).

Once hot, lay the **marinated chicken** into the pan and cook until browned, 3-5 mins each side.

When 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.

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.

Scan to get your exact PersonalPoints™ value



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 thin strips. Roughly chop the **parsley** (stalks and all).



Make the Sweet Chilli 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 **chilli jam** 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 for the marinade** (see ingredients for amount) and **half the dried thyme**. Season with **salt** and **pepper**, mix together, then set aside.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

Pop the **onion**, **carrots** and **peppers** onto a baking tray. Drizzle with **oil**, sprinkle on the remaining **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 everything is ready, cut each **chicken breast** into 2cm thick slices.

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!