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Thyme Roasted Chicken and Potatoes with Spinach and Buttered Radishes

We feel that the sweet little radish does not receive the love and respect it deserves. André aims to change this narrow thinking by transforming the radish from a salad veggie to a deliciously warm, buttery side? André... you are an absolute GENIUS!



50 mins



1 of your
5 a day



family box



Chicken Thigh
(8)



Dried Thyme
(1 tbsp)



New Potatoes
(2 packs)



Red Onion
(1)



Radishes
(1 pack)



Garlic Clove
(1)



Baby Spinach
(1 bag)



Water
(200ml)



Sugar
(2 tsp)




Netherend Butter
(20g)



Lemon Mayonnaise
(6 tbsp)

4 PEOPLE INGREDIENTS

- Chicken Thigh **8**
- Dried Thyme **1 tbs**
- New Potatoes, halved **2 packs**
- Red Onion, sliced **1**
- Radishes, halved **1 pack**
- Garlic Clove, grated **1**
- Baby Spinach **1 bag**
- Water **200ml**
- Sugar **2 tsp**
- Netherend Butter **20g**
- Lemon Mayonnaise **6 tbs**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Radishes, onions and garlic were given as 'wages' to the Ancient Egyptian labourers who built the Pyramids.

Allergens: Milk, Egg, Mustard.

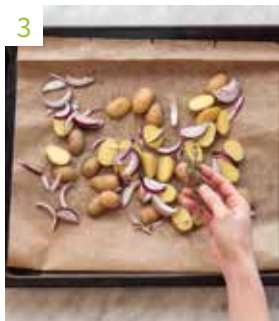
Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	598 kcal / 2495 kJ	39 g	10 g	29 g	4 g	36 g	0 g
Per 100g	134 kcal / 561 kJ	9 g	2 g	7 g	1 g	8 g	0 g

Lemon Mayonnaise: Rapeseed Oil (78%), Free Range Pasteurised Whole Egg (12%), Water, Lemon Zest (2%), Unrefined Raw Cane Sugar, Lemon Juice Concentrate (1%), Sea Salt, Acid: Acetic Acid, Preservative: Sorbic Acid, **Mustard** Flour.



1 Preheat your oven to 200 degrees and bring a pot of water to the boil with a pinch of **salt**. Pop the **chicken** on a baking tray, season with a generous pinch of **salt**, a good grind of **black pepper** and a glug of **oil**. Sprinkle half the **thyme** over your **chicken** and massage in. Roast your **chicken** on the top shelf of your oven for 40 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*



2 Cut the **new potatoes** in half (no need to peel) and pop them into the boiling water. Cook for 10 mins until half cooked and then drain in a colander.

3 Cut the **red onion** in half through the root, peel and slice into half moon shapes, roughly 1cm thick. Put your **onion** on another baking tray and drizzle over a glug of **oil**. Add your **potatoes**, the remaining **thyme** and a generous pinch of **salt**. Mix well and then pop on the middle shelf of your oven for 25 mins.

4 Cut each **radish** in half. Peel and grate the **garlic** (or use a garlic press if you have one). Rinse the **spinach** under cold water in a colander.

5 Pop your **radish** into a pot and cover with **water** (amount specified in the ingredient list). Add a pinch of **salt** and **sugar** (amount specified in the ingredient list). Bring to the boil, reduce the heat to medium and cook for 10 mins. The water should evaporate by two-thirds in this time. Once your **radish** is tender, remove from the heat.



6 When your **chicken** and **potatoes** are golden and cooked through, remove them from your oven. Heat a frying pan on medium heat and add half the **butter** and your **garlic**. Once your **butter** has melted, add your **spinach**, stir and then pop a lid on. Cook for 2 mins until your **spinach** has wilted. Season with a generous pinch of **salt** and a good grind of **black pepper**.

7 Warm your **radish** over medium heat and mix in your remaining **butter**.



8 Serve your **thyme roasted chicken** on top of a generous serving of **roast potatoes**. Pop some **spinach** and **buttered radishes** alongside. Finish with a dollop of the **lemon mayonnaise** and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!