



More Than Food
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Provençal Grilled Chicken with Body Boosting Veg

Here's a thought for the new year: there are certain foods that not only taste great but are also really good for you - the veggies and chicken in this recipe for example. Then there are those foods which are just full of empty calories. The prime suspect is sugar. It makes food taste good (the reason it's found in practically everything in the supermarket) but it has no nutritional benefit and lots of downsides. Check out our blog for tips on how to quit it easily ;-)

 35 mins

 healthy

 gluten free



Red Onion



Red Pepper



Courgette



New Potatoes



Chicken Breast



Tomato Purée



Provençal Herbs




Red Wine Vinegar



Crème Fraîche

Ingredients

	2P	4P
Red Onion, chopped	1	2
Red Pepper, chopped	1	2
Courgette, chopped	1	2
New Potatoes, chopped	1 pack	2 packs
Chicken Breast	2	4
Tomato Purée	1 tbsp	2 tbsp
Provençal Herbs	½ tbsp	1 tbsp
Red Wine Vinegar 2	1 tbsp	2 tbsp
Crème Fraîche 1	½ small pot	1 small pot

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Sulphites

Nutrition per serving: Calories: 481 kcal | Protein: 35 g | Carbs: 44 g | Fat: 17 g | Saturated Fat: 13 g



1 Pre-heat your oven to 200 degrees. Peel and chop your onion into roughly 2cm chunks. Remove the core from the pepper and chop this into 2cm chunks. Chop your courgette and new potatoes into 2cm chunks as well. Toss the potatoes and red onion in 1 tbsp of olive oil, ¼ tsp of salt and a good grind of pepper. Place on a baking tray on the top shelf of the oven for around 20-25 mins (or until crispy).



2 Toss the courgette and red pepper in 1 tbsp of olive oil and a pinch of salt and pepper. Place on another baking tray on the middle shelf of the oven for around 15-20 mins or until cooked through and slightly charred at the edges.



3 To butterfly your chicken, lay it flat on the chopping board and place your hand flat on top. Slice into the chicken from the side so that you can open it up like a book (See the picture for a bit of help).



4 Mix the tomato purée with the herbs, 2 tsp of olive oil and a pinch of salt and pepper. Rub this all over the chicken breasts.

5 Once the potatoes and onion chunks are cooked, transfer them onto the baking tray with the other veg. Keep this on the middle shelf of the oven and turn the grill to high heat.

6 Place the chicken on the empty baking tray and pop under the the grill. Grill the chicken for around 6-8 mins on each side or until completely cooked through.
Tip: The chicken is cooked through when it is no longer pink in the middle.

7 When the vegetables are cooked and the chicken is almost cooked, take the veggies out of the oven, add your red wine vinegar to the baking tray and toss. Serve the chicken on top of the veggies, with a dollop of crème fraîche on top.