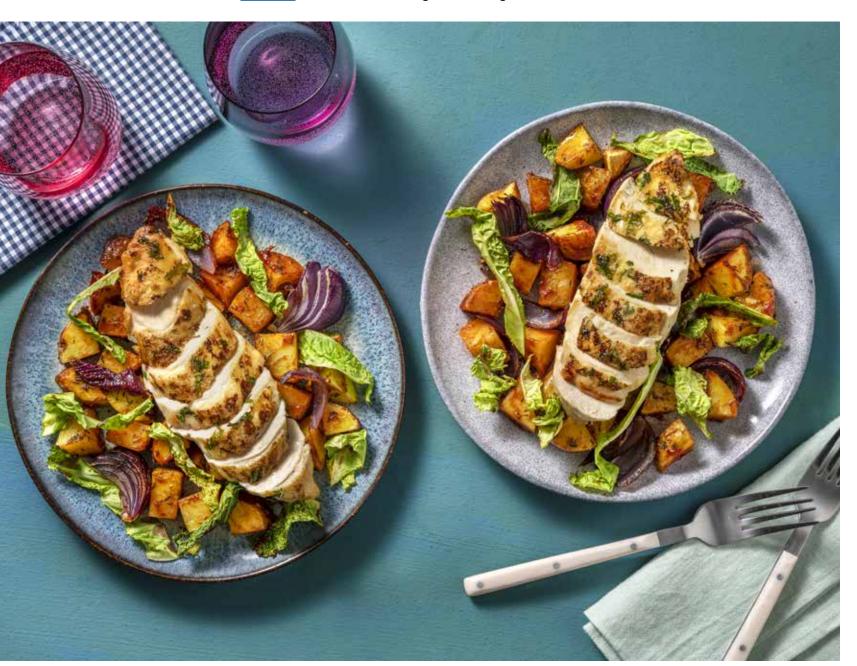


Herby Crispy-Skin Chicken

with Sticky Baked Veg

Classic 45 Minutes • 1 of your 5 a day















Dried Thyme





Tomato Puree

Mango Chutney





Coriander

Chicken Breast - Skin-On



Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Frying Pan, Wooden Spoon, Plate.

Ingredients

	2P	3P	4P
	_,		
Potatoes**	450g	700g	900g
Red Onion**	2	3	4
Dried Thyme	1 small sachet	1 large sachet	2 small sachets
Garlic Clove	2	3	4
Tomato Puree	1 sachet	2 sachets	2 sachets
Mango Chutney	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Chicken Breast - Skin-On**	2	3	4
Kale**	100g	150g	200g
Olive Oil for the Chicken*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	618g	100g
Energy (kJ/kcal)	2415 /577	391/93
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	65	11
Sugars (g)	19	3
Protein (g)	46	8
Salt (g)	0.44	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

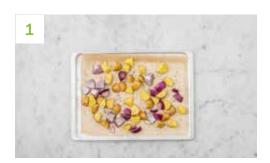
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Roast the Potatoes

Preheat your oven to 200°C. Chop the potatoes into 2cm chunks (no need to peel). Halve and peel the **onion**. Quarter each half. Pop the **potatoes** and **onions** on a large baking tray and drizzle with oil. Season with salt and pepper and sprinkle over the dried thyme. Toss to coat, then roast them on the top shelf of your oven until the **potatoes** are golden and the onions nice and soft, 25-35 mins, turn halfwav.



Finish the Prep

Meanwhile, peel and grate the garlic (or use a garlic press). Put the garlic in a bowl with the tomato puree, mango chutney and 1 tbsp of water per person. Mix together and leave to the side.



Prep the Meat

Finely chop the coriander (stalks and all) and pop in a medium bowl with the olive oil (see ingredients for amount). Season with salt and pepper and mix together. Add the chicken to the bowl and turn to coat in the mixture. **IMPORTANT:** Wash your hands after handling raw meat.



Cook the Meat

Heat a frying pan on medium high heat (no oil). Once the pan is hot, lay in the **chicken breasts** skin side down and fry until the skin is golden, 4-5 mins. Turn and cook for 2 mins on the other side, then transfer to a baking tray (skin side up) and pop on the middle shelf of your oven to roast until cooked, 15-20 mins. **IMPORTANT**: The chicken is cooked when no longer pink in the middle.



Cook the Kale

Once the potatoes and onion are cooked, add the tomato/chutney mixture and mix together until they are nicely coated. Lay the kale on top, drizzle with a little oil and season with salt and pepper. Return it to your oven and bake until the **kale** is crispy, 4-5 mins.



Finish and Serve

Once cooked, remove the **chicken** from your oven and pop on a board to rest for a couple of mins. Mix the **potatoes**, **onions** and **kale** together in the tray and spoon onto plates. Thinly slice the chicken and serve on top.

Enjoy!

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.