



Herby Crispy-Skin Chicken with Sticky Baked Veg

Classic 45 Minutes • 1 of your 5 a day

N° 7



Potatoes



Red Onion



Dried Thyme



Garlic Clove



Tomato Puree



Mango Chutney



Coriander



Chicken Breast - Skin-On



Kale

Before you start

Our fruit and veggies need a little wash before you use them!

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

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1



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 halfway.

4



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.

2



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.

5



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.

3



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.

6



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.