







More Than Food
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Crispy Skin Chicken with Buttery Veggies and Homemade Basil Oil

In this recipe we have given the traditional family favourite, roast chicken and veg, a HelloFresh twist with homemade basil oil. Basil oil is super easy to make and gives a delicious peppery, aromatic flavour that tastes great drizzled over roast chicken and veggies.

 40 mins

 2.5 of your 5 a day

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Water
(250ml)



Chicken Stock Pot
($\frac{1}{2}$)



Bulgur Wheat
(100g)



Chicken Breast
(2)



Leek
(1)



Courgette
(1)



Basil
(1 bunch)



Extra Virgin
Olive Oil (2 tbsp)




Netherend Butter
(30g)



Feta Cheese
(1 block)

2 PEOPLE INGREDIENTS

- Water **250ml**
- Chicken Stock Pot **½**
- Bulgur Wheat **100g**
- Chicken Breast **2**
- Leek, sliced **1**
- Courgette, sliced **1**
- Basil, chopped **1 bunch**
- Extra Virgin Olive Oil **2 tbsp**
- Netherend Butter **30g**
- Feta Cheese **1 block**

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

Did you know...

Basil is native to tropical Asia and belongs to the mint family.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	774 kcal / 3236 kJ	43 g	19 g	44 g	6 g	52 g	3 g
Per 100g	157 kcal / 657 kJ	9 g	4 g	9 g	1 g	11 g	1 g

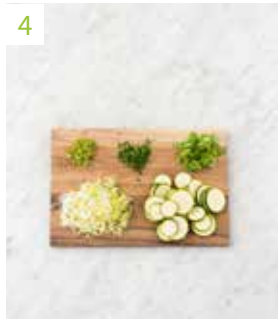
Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Bring a pot of **water** (amount specified in the ingredient list) to the boil with the **chicken stock pot**. Preheat your oven to 200 degrees.

2 Once your water is boiling, stir to dissolve your **stock pot**, then add the **bulgur wheat**. Stir together, put a lid on the pot and remove from the heat. Leave to the side for 20-25 mins, or until the rest of the meal is ready. Put a frying pan on medium-high heat with a drizzle of **oil** and leave for a couple of mins to get hot.

3 Season each **chicken breast** with a pinch of **salt** and a good grind of **black pepper** and lay them in the frying pan skin-side down. Cook for 5-6 mins until the skin is golden, then turn over and cook on the flesh side for 1 minute more. Drizzle a little **oil** on a baking tray and then add your **chicken** to the tray (skin-side up). Put the tray on the top shelf of your oven for 20 mins, then remove from your oven and leave to rest for 5 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.* Don't wash up your frying pan - you'll use it later!



4 While your bulgur wheat and chicken are cooking, tackle the veg! Chop off the root and the green leafy part from the leek, then cut the **leek** in half lengthways. Thinly slice into half moon shapes. Trim both ends off the **courgette** and cut into slices about ½cm wide. Pull the **basil leaves** off their stalks. Finely chop the **basil stalks**. Finely chop half the **basil leaves** and roughly chop the other half (keep these basil parts separate).



5 Mix your finely chopped **basil leaves** with the **extra virgin olive oil** (amount specified in the ingredient list), along with a small pinch of **salt** and a good grind of **black pepper**. This is your basil oil!

6 Put the **butter** in the frying pan you cooked the **chicken**, and put in on medium heat. Once melted, add your **leek** and **basil stalks** and cook for 3 mins before adding your **courgette**. Add a pinch of salt and a grind of **black pepper** and cook together on low heat for 8 mins, stirring occasionally, until soft.

7 When the 8 mins are up, remove the pan from the heat and add your roughly chopped **basil leaves**. Crumble in the **feta** and gently stir through your **veggies**. When your **bulgur wheat** is cooked, fluff it up with a fork. Taste and add more **salt** and **black pepper** if you feel it needs it.



8 Once your **chicken** is cooked and rested, put it on a chopping board and cut it into slices about 1cm wide.

9 Serve your **bulgur wheat** in large bowls with your **buttery veggies**, **chicken** and your **basil oil** drizzled over. Enjoy!

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