



# CRISPY SKIN CHICKEN

with Buttery Veggies and Homemade Basil Oil



## HELLO BASIL

There are four types of basil: sweet, holy, lemon and Thai.



Water



Chicken Stock Pot



Bulgur Wheat



Chicken Breast



Leek



Courgette



Basil



Olive Oil



Netherend Butter



Feta Cheese

45 mins

2.5 of your 5 a day

In this recipe, we have given the traditional family favourite, roast chicken and veggies, 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.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Frying Pan** and **Baking Tray**. Now, let's get cooking!



### 1 COOK THE BULGUR

Preheat your oven to 200°C. Boil the **water** (amount specified in the ingredient list) in a large saucepan over high heat. Add the **chicken stock pot**, stir to dissolve, then add the **bulgur wheat**. Cover with a lid, remove from the heat and leave for 10-15 mins, or until the water has completely soaked into the wheat. Heat a drizzle of **oil** in a frying pan on medium heat.



### 2 ROAST THE CHICKEN

Season the **chicken** with a pinch of **salt** and **pepper**. Lay them in your hot frying pan skin-side down. Cook until the skin is golden, 5-6 mins, then turn over and cook for another minute. Transfer to a baking tray (skin-side up) and roast in your oven for 20 mins. Once cooked, remove from your oven and leave to rest for 5 mins. ★ **TIP:** *The chicken is cooked when no longer pink in the middle.* Don't wash your pan, we'll use it again.



### 3 PREP THE VEGGIES

Meanwhile, remove the root and dark green top from the **leek**, halve lengthways and slice into thin half moons. Remove the top and bottom from the **courgette**. Slice into ½cm wide rounds. Pick the **basil leaves** from their stalks. Finely chop half the **basil leaves** and roughly chop the other half. Finely chop the **basil stalks** (keep these basil parts separate).



### 4 COOK THE VEGGIES

Mix the finely chopped **basil leaves** with the **olive oil** (amount specified in the ingredient list) in a small bowl. Add a pinch of **salt** and **black pepper**. This is your **basil oil**! Heat the **butter** in your now empty frying pan on medium heat. Once melted, add the **leek** and **basil stalks** and cook until softened, 3 mins. Add the **courgette** and season with **salt** and **black pepper**. Cook until soft, stirring occasionally, 8 mins.



### 5 FINISH THE VEGGIES

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



### 6 SERVE UP!

Once the **chicken** is cooked and rested, put it on a chopping board and cut it into slices about 1cm thick. Serve the **bulgur wheat** in large bowls with the **crispy skin chicken**, **buttery veggies** and the **basil oil** drizzled over. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Water*	200ml
Chicken Stock Pot	½
Bulgur Wheat 1)	100g
Chicken Breast	2
Leek, sliced	1
Courgette, sliced	1
Basil, chopped	1 bunch
Olive Oil*	2 tbsps
Netherend Butter 7)	30g
Feta Cheese, crumbled 7)	1 block

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	849	172
(kJ)	3532	714
Fat (g)	53	11
Sat. Fat (g)	22	4
Carbohydrate (g)	44	9
Sugars (g)	6	1
Protein (g)	50	10
Salt (g)	3	1

### ALLERGENS

1)Gluten 7)Milk

**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.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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