



CRISPY-SKINNED CHICKEN THIGHS

with Pear, Potato & Feta Salad



HELLO FETA

Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.



Potato



Pear



Feta Cheese



Balsamic Vinegar



Honey



Chicken Thigh
(Skin-on Boneless)



Rocket

MEAL BAG

30 mins

1.5 of your
5 a day



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray** and **Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop onto a baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat then roast on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking. Once cooked, remove from the oven and leave to the side.



2 DO THE PREP

Quarter the **pear** and remove the core. Cut lengthways into 1cm wide slices. Break up the **feta** into small chunks. Set both aside. Put the **balsamic vinegar** and **honey** into a large bowl and add the **olive oil** (see ingredients for amount). Add a pinch of **salt** and **pepper** and mix together with a fork. Leave to the side.



3 COOK THE PEAR

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the pan is hot, add the **pear slices** and cook until they have softened, and slightly browned, turning them a couple of times, 4-5 mins. Once cooked, gently transfer to the bowl with your **dressing**. Leave to the side.



4 FRY THE CHICKEN

Pop the now empty pan back on medium-high heat, add a drizzle of **oil** if the pan is dry. Season the **chicken** with a pinch of **salt** and **pepper**. Once hot, lay in the **chicken** skin-side down and fry until the skin is golden and crisp, 5 mins. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Once golden, turn and cook for 5 mins on the other side, then continue cooking, turning every 2 mins for 4-6 more mins or until the **chicken** is cooked through.



5 MAKE THE SALAD

Once the **chicken** is cooked, remove it to a board and leave to rest for a couple of mins. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. While the **chicken** rests, put the **potatoes** into the bowl with the **pear** and **dressing**. Add in **half** the **feta** and all of the **rocket**. Toss everything together (or use your hands) to gently combine.



6 FINISH AND SERVE

Thinly slice the **chicken**. Divide the **salad** between bowls and top with the **sliced chicken** and the remaining **feta**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Pear *	1	2	2
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Chicken Thigh (Skin on - Boneless) *	4	6	8
Rocket *	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 558G	PER 100G
Energy (kJ/kcal)	3621 / 866	650 / 155
Fat (g)	43	8
Sat. Fat (g)	16	3
Carbohydrate (g)	59	11
Sugars (g)	16	3
Protein (g)	44	8
Salt (g)	1.25	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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