



CUMIN ROAST CHICKEN

with Patatas Bravas and Charred Courgettes



HELLO COURGETTE

Did you know a courgette is actually a fruit!



Flat Leaf Parsley



Olive Oil



Ground Cumin



Lemon



Chicken Thigh



Red Potato



Smoked Paprika



Garlic Clove



Red Chilli



Tomato Passata



Courgette

MEAL BAG

40 mins

2.5 of your 5 a day

Medium heat

Holidays are over but today's recipe will transport you to Spain. Although it was actually inspired by Mimi's visit to a tapas restaurant in Dundee! Patatas bravas is the quintessential tapas dish, available all over Spain. Not everyone loves the casual, sharing business of tapas so we've given you plenty for a portion each alongside some delicious cumin roast chicken!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, two **Baking Trays**, **Baking Paper**, a **Fine Grater** (or **Garlic Press**) and two **Frying Pans**. Now, let's get cooking!



1 MARINATE THE CHICKEN

Preheat your oven to 200°C. Roughly chop the **parsley** (stalks and all). Put it in a mixing bowl with the **olive oil** (amount specified in the ingredient list), **half the ground cumin** and a good squeeze of **lemon juice**. Add the **chicken thighs**. Season with **salt** and **black pepper** and toss to coat thoroughly, then set aside to marinate. Make sure you wash your hands after handling raw chicken!



2 COOK THE POTATO

Chop the **red potato** into 2cm chunks (no need to peel) and pop on a lined baking tray. Drizzle over a glug of **oil**. Season with **salt** and **black pepper** and sprinkle on the **smoked paprika**. Toss to coat, then spread out and roast on the top shelf of your oven until slightly crispy, 30 mins. Give the tray a shake halfway through.



3 BRAVAS SAUCE TIME!

Peel and grate the **garlic** (or use a garlic press). Halve the **red chilli** lengthways, deseed and finely chop. Heat a drizzle of **oil** in a large frying pan on medium heat. Add the **garlic**, remaining **ground cumin** and the **chilli** (use less if you don't like heat). Cook for 1 minute, then pour in the **tomato passata**. Season with **salt** and **black pepper**, stir, bring to a simmer and cook on low heat for about 7 mins.



4 ROAST THE CHICKEN

While the sauce cooks, lay the **chicken** on another lined baking tray and roast on the middle shelf of your oven for 20-25 mins. **★ TIP:** The chicken is cooked when it is no longer pink in the middle.



5 CHAR THE COURGETTE

Meanwhile, remove the top and bottom from the **courgette**. Slice into 1cm thick rounds. Put another frying pan on medium-high heat (no oil) and leave it for a couple of mins to get hot. Lay in the **courgette slices** and cook until slightly charred, 4-5 mins on each side. **★ TIP:** Do this in batches if necessary to avoid overcrowding the pan. Season with **salt** and **black pepper**, then remove from the heat.



6 FINISH AND SERVE

When the **potato** and **chicken** are ready, remove them from your oven. Pop the **potato** on your plates and spoon over some of the **bravas sauce**. Add the **cumin roast chicken** and a few of the **charred courgettes**. **Buen provecho!**

2 PEOPLE INGREDIENTS

Flat Leaf Parsley, chopped	1 bunch
Olive Oil*	2 tbsp
Ground Cumin	1½ tsp
Lemon	½
Chicken Thigh	4
Red Potato, chopped	1 pack
Smoked Paprika	1½ tsp
Garlic Clove, grated	1
Red Chilli, chopped	¼
Tomato Passata	1 carton
Courgette, sliced	1

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	689	102
(kJ)	2899	430
Fat (g)	29	4
Sat. Fat (g)	6	1
Carbohydrate (g)	54	8
Sugars (g)	10	1
Protein (g)	57	8
Salt (g)	0.42	0.06

ALLERGENS

👍 THUMBS UP OR THUMBS DOWN?

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