



Herby Crispy Skin Chicken with Sticky Baked Veg

CLASSIC 40 Minutes • 1.5 your 5 a day

N° 1



Potato



Red Onion



Dried Thyme



Garlic Clove



Tomato Purée



Mango Chutney



Coriander



Chicken Breast (skin on)



Duck Breast



Kale



CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Happy cooking!

Before you start

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	2	3	4
Dried Thyme	1 small pot	1 small pot	1 large pot
Garlic Clove**	2 cloves	3 cloves	4 cloves
Tomato Purée	1 sachet	2 sachets	2 sachets
Mango Chutney	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Chicken Breast **	2	3	4
 Duck Breast **	2	3	4
Kale**	1 bag	¾ bag	1 bag

*Not Included ** Store in the Fridge

Custom Recipe: Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

Nutrition

	Per serving	Per 100g
for uncooked ingredient	622g	100g
Energy (kJ/kcal)	2448/585	394/94
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	66	11
Sugars (g)	22	4
Protein (g)	46	7
Salt (g)	0.78	0.13
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	632g	100g
Energy (kJ/kcal)	2816/673	446/106
Fat (g)	21	3
Sat. Fat (g)	5	1
Carbohydrate (g)	67	11
Sugars (g)	22	3
Protein (g)	56	9
Salt (g)	1.66	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.


Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

HelloFresh UK

Packed in the UK

The Fresh Farm

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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.

CUSTOM RECIPE

Cook the **duck** in the same way as step above tells you to cook the chicken. The **duck** will only need 15 mins in the oven. Once cooked, remove the **duck** from your oven and rest in a warm place, (covered loosely in tin foil if you have some) for 5-10 mins. **IMPORTANT:** The duck is cooked when it is no longer pink in the middle.



2. Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Pop the **garlic** in a bowl with the **tomato purée**, **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.

CUSTOM RECIPE

If you've chosen **duck** do the same as what the step above tells you to do with the chicken, but you'll only need a drizzle of **oil**.



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!

CUSTOM RECIPE

At this point, your **duck** should already be resting. Once cooked, mix the **potatoes**, **onions** and **kale** together in the tray and spoon onto plates. Thinly slice the **duck** and serve on top.