



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Herby Cumin Chicken with Patatas Bravas and Charred Courgettes

This delicious recipe was inspired by a visit to a tapas restaurant in Dundee! Patatas bravas is a typical Spanish dish which consists of sautéed potatoes dressed in a spicy tomato sauce. For this meal, we've created a tapas style dinner with herby cumin chicken, charred courgettes and the game changing patatas bravas. Enjoy!

40 mins

2 of your 5 a day

spicy

family box

mealkit



Flat Leaf Parsley
(2 bunches)



Olive Oil
(4 tbsp)



Ground Cumin
(1 tbsp)



Lemon
(1)



Chicken Thigh
(8)



Red Potato
(2 packs)



Garlic Clove
(2)



Red Chilli
(½)



Smoked Paprika
(1 tbsp)



Tomato Passata
(2 cartons)



Courgette
(2)

4 PEOPLE INGREDIENTS

- Flat Leaf Parsley, chopped
- Olive Oil
- Ground Cumin
- Lemon
- Chicken Thigh
- Red Potato, chopped

- 2 bunches**
- 4 tbsp**
- 1 tbsp**
- 1**
- 8**
- 2 packs**

- Garlic Clove, grated
- Red Chilli, chopped
- Smoked Paprika
- Tomato Passata
- Courgette, sliced

- 2**
- ½**
- 1 tbsp**
- 2 cartons**
- 2**

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

Did you know...

The word 'tapas' is derived from the Spanish verb 'tapar', meaning 'to cover'. This is probably because original tapas were slices of bread or meat, used by Andalusian sherry drinkers, to cover their glasses between sips to prevent fruit flies dropping in!

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	492 kcal / 2068 kJ	20 g	5 g	40 g	8 g	13 g	0 g
Per 100g	87 kcal / 364 kJ	4 g	1 g	7 g	1 g	2 g	0 g

1



1 Preheat your oven to 200 degrees. Roughly chop the **parsley**. Put your **parsley** in a 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**, a pinch of **salt** and a grind of **black pepper** and mix together. Leave your **chicken** to the side to marinate.

3



2 Chop the **red potato** into 2cm chunks (no need to peel). Peel and grate the **garlic** (or use a garlic press if you have one). Remove the seeds from the **chilli** and finely chop.

4



3 Pop your **potato** on a baking tray. Sprinkle over the **smoked paprika**, a pinch of **salt**, a grind of **black pepper** and a good drizzle of **oil**. Toss together to ensure they get a good coating, then put on the top shelf of your oven for 30 mins until slightly crispy. Give the tray a shake halfway through to ensure they cook evenly!

6



4 Now for the **bravas sauce** Put a saucepan on medium heat with a drizzle of oil and add your **garlic**, remaining **ground cumin** and some **chilli** (use less chilli if you aren't a fan of heat!). Cook for 1 minute, then add the **passata**. Add a pinch of **salt** and a grind of **black pepper**, stir well and cook on low heat for about 7 mins. Remove from the heat and leave to the side with a lid on.

5 While your bravas sauce cooks, pop your **chicken** on a baking tray and put 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.*

6 While your potato and chicken cooks, slice the **courgette** into 1cm thick rounds.

7 Put a large frying pan on medium-high heat (without any oil) and leave it to get hot for a couple of mins. When the pan is hot, lay in your **courgette slices** and cook for 4-5 mins on each side until slightly charred. Season with **salt** and **black pepper**, then remove the pan from the heat.

8 When your **potato** and **chicken** are ready, remove them from your oven. Pop your **potato** onto plates and spoon over some of your **bravas sauce**. Add your **herby cumin chicken**, a few of your **charred courgettes** and enjoy!

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