









Herby Parsley Chicken

with Sticky Baked Veg and Crispy Kale

Calorie Smart 40-45 Minutes • 1 of your 5 a day • Under 650 Calories



-  Flat Leaf Parsley
-  Chicken Fillet Skin-On
-  Potatoes
-  Red Onion
-  Garlic Clove
-  Tomato Puree
-  Mango Chutney
-  Chopped Kale

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, frying pan, baking tray, aluminium foil and garlic press.

Ingredients

Ingredients	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Fillet Skin-On**	2	3	4
Potatoes	450g	700g	900g
Red Onion**	2	3	4
Garlic Clove**	2	3	4
Tomato Puree	1 sachet	2 sachets	2 sachets
Mango Chutney	1 sachet	2 sachets	2 sachets
Chopped Kale**	100g	150g	200g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2433 /582	387 /93
Fat (g)	16.1	2.6
Sat. Fat (g)	3.3	0.5
Carbohydrate (g)	66.2	10.5
Sugars (g)	25.0	4.0
Protein (g)	44.7	7.1
Salt (g)	0.50	0.08

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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1 Marinate the Chicken

Preheat your oven to 220°C/200°C fan/gas mark 7.

Finely chop the **parsley** (stalks and all) and pop into a medium bowl with the **olive oil for the marinade** (see ingredients for amount). Season with **salt** and **pepper** and mix together.

Add the **chicken** to the bowl and mix to coat well.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



2 Time to Fry

Heat a frying pan on medium-high heat (no oil).

Once hot, lay the **chicken** into the pan, skin-side down. Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel). Halve and peel the **onion**. Quarter each half.

Pop the **veg** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



3 Get Roasting

When the oven is hot, roast the **potatoes** and **onions** on the middle shelf until golden, 30-40 mins. Turn halfway through.

Once seared, transfer the **chicken** to another baking tray, skin-side up, then roast on the top shelf until cooked, 18-25 mins.

When the **chicken** is cooked, transfer to a board to rest for a couple of mins loosely covered in foil. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



4 Mix the Sticky Sauce

While everything roasts, peel and grate the **garlic** (or use a garlic press).

Put the **garlic** in a bowl with the **tomato puree**, **mango chutney** and the **water for the sauce** (see ingredients for amount). Mix well and set aside.



5 Crisp up the Kale

Once the **veg** has roasted, add the **sticky sauce** to the tray and mix together until well coated.

Lay the **kale** on top, drizzle with a little **oil** and season with **salt** and **pepper**. **TIP:** Remove any tough stalks from the kale.

Return the tray to your oven and bake until the **kale** is crispy, 4-5 mins.



6 Finish and Serve

When everything is ready, cut the **chicken** widthways into 2cm slices.

Mix the **potatoes**, **onions** and **kale** together in the tray and share between your plates. Top with the **herby chicken**.

Enjoy!

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