



LEMON & OREGANO CHICKEN

with Chive Butter Sauce and Green Beans



HELLO OREGANO

The name of this herb comes from the ancient Greek for 'joy of the mountains'. Isn't that nice?



Chicken Thighs



Dried Oregano



Lemon



New Potatoes



Green Beans



Echalion Shallot



Chives



Chicken Stock Powder



Unsalted Butter

MEAL BAG

40 mins

1 of your 5 a day

Family Box

There are two things to love about today's recipe. Firstly, it's delicious: juicy chicken thighs flavoured with lemon and oregano, served with potatoes and green beans and all finished off with a glossy, buttery sauce. Secondly, it all comes together so easily. Once you've got the chicken in the oven and the potatoes boiling away there's not much left to do. How will you use the free time? Let us know!



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Large Saucepan, Colander, Frying Pan** (with a **Lid**), some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 ROAST THE CHICKEN

Preheat your oven to 220°C. Lay the **chicken thighs** on a baking tray. Sprinkle over the **dried oregano** and season with **salt**. Drizzle on a glug of **oil** and rub the **seasoning** into the **chicken**. Halve the **lemon**. Set one **half** aside and slice the other into thin half moons. Pop one on each **thigh**. Roast on the top shelf of your oven, 25-30 mins.

! IMPORTANT: the chicken is cooked when it is no longer pink in the middle!



2 COOK THE POTATOES

Bring a large saucepan of water to the boil with a pinch of salt for the potatoes. Chop the **new potatoes** into 2cm chunks (no need to peel). When boiling, add the **potatoes** and boil, 15-20 mins. Be careful not to overcook them!

★ TIP: The potatoes are cooked when you can easily slip a knife through. When done, drain in a colander and return to the pan to keep warm.



3 PREP THE VEGGIES

Meanwhile, trim the tops from the **green beans**. Halve, peel and thinly slice the **shallot**. Finely chop the **chives** (or use scissors if it's easier).



4 STEAM-FRY THE GREEN BEANS

Heat a splash of **oil** in a frying pan over medium-high heat. Once hot, add the **shallot** to the pan and cook until soft stirring occasionally, 3 mins. Add the **green beans** and a splash of **water**. Cover the pan with a lid (or some foil) and steam until the **beans** are tender, 4-5 mins. Transfer to a bowl and cover with foil to keep warm. Wipe the pan out as we will need it for the sauce.



5 MAKE THE SAUCE

Put the now empty frying pan on high heat. Pour in the **water** (see ingredients for amount) and stir in the **stock powder**. Bring to the boil. Stir to dissolve the **stock powder**, then lower the heat to medium. Stir (or whisk) in the **butter** and then remove from the heat. Stir in **half** the **chives** and add a squeeze of **lemon juice**. Set aside and get ready to serve.



6 FINISH AND SERVE

Season the **potatoes** with **black pepper**. Add a drizzle of **oil** and sprinkle over the remaining **chives**. Share the **spuds** between your plates. Lay the **chicken** and **green beans** alongside. Spoon over the **buttery sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chicken Thighs *	4	6	8
Dried Oregano	¾ pot	1 pot	1 pot
Lemon *	½	1	1
New Potatoes *	1 small pack	1 large pack	2 small packs
Green Beans *	1 small pack	1 large pack	1 large pack
Echalion Shallot *	1	1	1
Chives *	½ bunch	1 bunch	1 bunch
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Unsalted Butter 7) *	30g	30g	30g

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 508G	PER 100G
Energy (kJ/kcal)	2496 / 597	491 / 118
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	34	7
Sugars (g)	6	1
Protein (g)	54	11
Salt (g)	0.41	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH