



Springtime Chicken

with Roasted Veggies, Tomato Salad and Minty Salsa



HELLO LEEK

Like all other alliums (onions, garlic etc.) the leek is related to the lily!



Chicken Thigh



Italian Herbs



New Potatoes



Carrot



Leek



Courgette



Yellow and Red Cherry Tomatoes



Vine Tomato



Flat Leaf Parsley



Mint



Honey



Wholegrain Mustard



Red Wine Vinegar



Olive Oil

40 mins

4 of your 5 a day

Little Heat

Delicious roast veggies, crispy-skinned chicken and a refreshing minty salsa. There's a lot to like here. But maybe our favourite element of today's meal is the tomato salad. There's something so elegantly rustic about mixing tomatoes of two different sizes. Hope you think so too!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **190°C**. Make sure you've got two **Baking Trays**, a **Peeler** and two **Mixing Bowls**. Now, let's get cooking!



1 ROAST THE CHICKEN

Put the **chicken thighs** on a baking tray. Sprinkle on half the **Italian herbs** and season with **salt** and **black pepper**. Rub the flavours into the **chicken** and then pop on the top shelf of your oven. Roast until the skin is crispy, 30-35 mins. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.*



4 MAKE THE SALAD

Cut the **cherry tomatoes** in half through the equator. Pop into a mixing bowl. Chop each **vine tomato** into eight pieces. Add these to the bowl and season with a pinch of **salt**. Stir in a glug of **olive oil**. Chop the **parsley** finely (stalks and all) and stir a quarter into the **tomato salad**. **★ TIP:** *The salt will help the tomatoes release their juice and make a delicious dressing.*



2 ROAST THE ROOTS

Halve the **new potatoes**. Peel the **carrot** and remove the top and bottom. Halve lengthways and slice into 1cm thick half moons. Pop the **potatoes** and **carrot** on another baking tray and drizzle on a splash of **oil**. Season with **salt** and **black pepper** and sprinkle over the remaining **Italian herbs**. Toss to coat evenly and put on the middle shelf of your oven. Roast until golden and cooked through, 30-35 mins. Turn halfway through.



5 MAKE THE SALSA

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Mix the **mint** and remaining **parsley** together in another mixing bowl with the **honey**, **wholegrain mustard** (add less if you don't love mustard!), **red wine vinegar** and **olive oil** (amount specified in the ingredient list). Season to taste with **salt** and **black pepper**. Keep to one side.



3 PREP THE VEGGIES

Remove the root and dark green tops from the **leek** then slice into 1cm thick rounds. Remove the top and bottom from the **courgette**. Quarter lengthways and chop each strip into three pieces. Add the **leek** and **courgette** to the **potatoes** and **carrot** after 15 mins of cooking time, mixing them in evenly. Roast until soft and golden, 20 mins.



6 SERVE

Share the **roasted veggies** and **tomato salad** between your plates and pop the **chicken thighs** alongside. Spoon the **minty salsa** on top. **Enjoy!**

4 PEOPLE INGREDIENTS

Chicken Thigh	8
Italian Herbs	2 tsp
New Potatoes, halved	2 packs
Carrot, sliced	2
Leek, sliced	1
Courgette, chopped	1
Yellow and Red Cherry Tomatoes, halved	1 punnet
Vine Tomato, chopped	2
Flat Leaf Parsley, chopped	1 bunch
Mint, chopped	1 bunch
Honey	1 tbs
Wholegrain Mustard ¹⁰⁾	1 tbs
Red Wine Vinegar ¹²⁾	1 tbs
Olive Oil*	3 tbs

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1017	125
(kJ)	4264	524
Fat (g)	55	7
Sat. Fat (g)	12	2
Carbohydrate (g)	47	6
Sugars (g)	20	2
Protein (g)	58	7
Salt (g)	0.4	0.05

ALLERGENS

¹⁰⁾Mustard ¹²⁾Sulphites

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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