



# THYME ROAST CHICKEN

with Roasted Veggies and Garlicky Cavolo Nero



## HELLO CAVOLO NERO

*Cavolo Nero literally means 'black cabbage'.*



Skin-on Chicken Thigh



Dried Thyme



New Potatoes



Carrot



Red Onion



Mayonnaise



Wholegrain Mustard



Garlic Clove



Chopped Cavolo Nero

MEAL BAG

35 mins

2 of your 5 a day

Quick, simple and delicious, our thyme roasted chicken is a great recipe for an easy weeknight dinner. Roasting chicken with delicate herbs like thyme is a classic flavour combination as it brings the light flavour of the meat to life. Served with roasted potatoes, carrots and sweet onions, garlicky stir-fried cavolo nero and a delicious mustard mayonnaise, this is a fantastic recipe full of flavour.

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# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, **Fine Grater** (or **Garlic Press**), **Frying Pan** (with a **Lid**). Now, let's get cooking!



## 1 ROAST THE CHICKEN

Preheat your oven to 200°C. Pop the **chicken thighs** on a lined baking tray and drizzle on a splash of **oil**. Season with **salt**, **pepper** and **half the dried thyme**. Use your hands to rub the flavours all over the **meat**.

**! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Arrange the **chicken thighs** skin-side up and roast on the top shelf of your oven until golden and cooked through, 30-35 mins.

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



## 2 PREP TIME

Meanwhile, chop the **new potatoes** into 2cm chunks. Trim the ends from the **carrot** (no need to peel), quarter lengthways then chop into finger length batons. Halve, peel and chop the **red onion** into six even wedges. Put all the **veggies** on another lined baking tray and drizzle over a little **oil**. Season with **salt** and **pepper** and sprinkle on the remaining **dried thyme**. Toss to coat then spread out in one even layer.



## 3 MAKE THE SAUCE

Place the tray on the middle shelf of your oven and roast until the **veggies** are golden, 20-25 mins. Turn halfway through cooking. Pop the **mayo** and **wholegrain mustard** into a small bowl and mix well to combine, set aside.



## 4 COOK THE CAVOLO NERO

While the chicken and veggies are cooking, peel and grate the **garlic** (or use a garlic press) then heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **cavolo nero**, a splash of **water** and the **garlic**. Stir and pop on a lid. Cook until the **leaves** are tender, stirring every now and then, 4-5 mins. When ready, season with **salt** and **pepper** and keep to one side.



## 5 FINISH OFF

When the **chicken** and **veggies** are ready, remove both trays from the oven and leave to rest for a few minutes before serving.

**★ TIP:** This will make the chicken more juicy when you eat it.



## 6 SERVE

Reheat the **cavolo nero** if necessary then share between your plates, leaving any excess liquid behind. Top with the **chicken thighs**. Serve the **roasted veggies** alongside and finish with a dollop of **mustard mayo**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Skin-on Chicken Thigh *	4	6	8
Dried Thyme	½ pot	¾ pot	1 pot
New Potatoes *	1 small pack	1 large pack	2 small packs
Carrot *	2	3	4
Red Onion *	1	1½	2
Mayonnaise 8) 9)	1 sachet	2 sachets	3 sachets
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Garlic Clove *	1	1	1
Chopped Cavolo Nero *	1 small bag	1 large bag	1 large bag

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 727G	PER 100G
Energy (kJ/kcal)	3799 / 908	523 / 125
Fat (g)	55	8
Sat. Fat (g)	12	2
Carbohydrate (g)	44	6
Sugars (g)	15	2
Protein (g)	62	9
Salt (g)	0.96	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

8) Egg 9) Mustard

**🧼** 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?

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