



Thyme Roast Chicken

with Roast Veggies and Sweet Chilli Sauce

Classic 40 Minutes • Little Spice • 2 of your 5 a day

1



Potato



Red Onion



Carrot



Bell Pepper



Flat Leaf Parsley



Chicken Breast



Dried Thyme



Chicken Stock Paste



Fresh Chilli Jam



Bacon Lardons



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Bowl, Frying Pan, Measuring Jug, Whisk.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Red Onion**	1	1	2
Carrot**	2	3	4
Bell Pepper***	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Breast**	2	3	4
Dried Thyme	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Glaze*	100ml	150ml	200ml
Fresh Chilli Jam	25g	50g	50g
 Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	1975/472	306/73
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	64	10
Sugars (g)	21	3
Protein (g)	46	7
Salt (g)	1.25	0.19
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	691g	100g
Energy (kJ/kcal)	2462/589	356/85
Fat (g)	13	2
Sat. Fat (g)	4	1
Carbohydrate (g)	64	9
Sugars (g)	21	3
Protein (g)	54	8
Salt (g)	2.48	0.36


Nutrition for uncooked ingredients based on 2 person recipe.

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 30-35 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Prep Time

Halve, peel and chop the **red onion** into 6 **wedges**. Trim the **carrot** (no need to peel), quarter lengthways and then chop into roughly 5cm long **batons**. Halve the **pepper**, remove the core and slice into 1cm wide strips. Roughly chop the **parsley** (stalks and all).



Marinate the Chicken

Put the **chicken** into a bowl with a glug of **oil** and **half** the **dried thyme**. Season with **salt** and **pepper**. **Massage** the **seasoning** into your **chicken**. **IMPORTANT:** Wash your hands after handling raw meat and its packaging. Pop the **red onion**, **carrot** and **pepper** on a baking tray. Sprinkle on the remaining **dried thyme**, add a glug of **oil** and season with **salt** and **pepper**. Toss to coat the **veggies** then roast in your oven until soft and golden, 25-30 mins.



Fry the Chicken

Heat a frying pan on high heat (no oil). Lay in the **chicken breasts** and cook until browned on both sides, 2-3 mins each side. Once browned, transfer to your baking tray on top of the **veggies** and cook for the remaining 15-20 mins. Don't wash your pan - you need it again in a minute.

CUSTOM RECIPE

If you've decided to add **bacon lardons** to your meal, add the **lardons** to the tray with the **chicken** and **veggies** when they have 10 mins left to cook. Then continue with the rest of the recipe. **IMPORTANT:** Cook lardons thoroughly. Wash your hands after handling raw meat.



Make the Glaze

Whilst the **chicken** is roasting, add the **chicken stock paste** and **water** (see ingredients for amount) to the **chicken** frying pan, bring to a boil then reduce the heat to a simmer. Add the **chilli jam** and stir well to dissolve it (use a whisk if necessary). Bubble the **mixture** until thickened, 3-4 mins. Season with **salt** and **pepper**.



Finish and Serve

Once cooked, remove the **chicken**, **veg** and **wedges** from your oven. **IMPORTANT:** The **chicken** is cooked when no longer pink in the middle. Cut each **chicken breast** into five slices. Combine the **wedges**, **vegetables** and chopped **parsley** together on one of the baking trays, then spoon onto plates. Arrange the **chicken** on top and reheat the **sweet chilli glaze** if needed. Spoon the **sweet chilli glaze** over the **chicken**.

Enjoy!

CUSTOM RECIPE

If you've added **bacon lardons** to your meal, combine the **wedges**, **vegetables**, **bacon lardons** and chopped **parsley** together and continue with the rest of the step.