



THYME ROASTED 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



Garlic Clove



Unsalted Butter



Chopped Cavolo Nero



Mayonnaise

MEAL BAG
6

50 mins
2 of your
5 a day

This is a perfect summer twist on a traditional hearty roast. The herby chicken is served with zesty roasted veg and garlicky cavolo nero. This evening meal is a real sizzler!

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. Roast the **chicken thighs** 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.



4 STEAM-FRY THE CAVOLO NERO

While your chicken and potatoes are cooking, do any washing up. Peel and grate the **garlic** (or use a garlic press) then heat a frying pan on medium heat and add the **butter**. Once the **butter** has melted, add the **cavolo nero**, stir, add a splash of water, and the **garlic** and pop on a lid. Cook until the leaves are tender, 4-5 mins, stir every now and then. When ready, season with **salt** and **pepper** and keep to one side.



2 PREP TIME

Chop the **new potatoes** into 2cm chunks. Remove the ends from the **carrot**, quarter lengthways then chop into 3cm long batons. Halve, peel and chop the **onion** into six even wedges (three per half). Put all the **veggies** on another lined baking tray in a single layer and drizzle over a splash of **oil**. Season with **salt** and **pepper** and sprinkle over the remaining **dried thyme**.



5 FINISH OFF

When the **chicken** is ready, remove from the oven and leave to rest for a few mins before serving, **★ TIP:** This will make the chicken more juicy when you eat it.



3 NOW THE VEGGIES

Toss to coat in the **seasonings**, then roast on the middle shelf of your oven until the **veggies** are golden and soft enough to eat, 20-25 mins. Turn halfway through cooking.



6 SERVE

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

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Skin-on Chicken Thigh *	4	6	8
Dried Thyme	½ tbsp	¾ tbsp	1 tbsp
New Potatoes *	1 small pack	1 large pack	2 small packs
Carrot *	2	3	4
Red Onion *	1	1½	2
Garlic Clove *	1	1	1
Unsalted Butter 7) *	15g	20g	30g
Chopped Cavolo Nero *	1 small bag	1 large bag	1 large bag
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 742G	PER 100G
Energy (KJ/ kcal)	4485/ 1072	605/ 145
Fat (g)	73	10
Sat. Fat (g)	17	2
Carbohydrate (g)	44	6
Sugars (g)	15	2
Protein (g)	61	8
Salt (g)	0.85	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 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 between uses.

👍 THUMBS UP OR THUMBS DOWN?

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