



Onion Chutney-Glazed Chicken

with Roasted Veggies & Dill-Parsley Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Garlic



Parsley



Aussie Spice Blend



Chicken Thigh



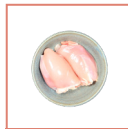
Onion Chutney



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Thigh

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart*
**Custom Recipe is not Calorie Smart*

Eat Me Early

An onion chutney is truly an all-rounder. It can go with anything, so why not try it with golden seared chicken? It's going to blow your mind with the sweet and sticky tastes on top of a roast veggie toss. It's another win for onion chutney!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
tomato	1	2
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
Aussie spice blend	1 sachet	1 sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
water*	2 tbs	¼ cup
onion chutney	1 medium packet	1 large packet
butter*	15g	30g
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2489kJ (594Cal)	430kJ (102Cal)
Protein (g)	35.5g	6.1g
Fat, total (g)	32.6g	5.6g
- saturated (g)	9.2g	1.6g
Carbohydrate (g)	48.7g	8.4g
- sugars (g)	21.1g	3.6g
Sodium (mg)	897mg	155mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3321kJ (793Cal)	450kJ (107Cal)
Protein (g)	64.1g	8.7g
Fat, total (g)	45.3g	6.1g
- saturated (g)	13.1g	1.8g
Carbohydrate (g)	49.5g	6.7g
- sugars (g)	21.2g	2.9g
Sodium (mg)	1014mg	137mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW46



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the chicken

- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.
- Add the **onion chutney mixture** and cook until thickened, **1 minute**. Turn **chicken** to coat. Remove pan from the heat.

TIP: The chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken thigh, cook in batches for the best results. Return all chicken to the pan before adding the chutney as above.

2



Get prepped

- While the veggies are roasting, roughly chop **tomato**. Finely chop **garlic** and **parsley** leaves.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken thigh** and turn to coat.

Little cooks: Kids can help pick the herbs from the stems.

Custom Recipe: If you've doubled your chicken thigh, flavour chicken in a large bowl.

5



Make the salad

- Meanwhile, combine the **balsamic vinegar** and a drizzle of **olive oil** in a large bowl. Season, then add **mixed salad leaves** and **tomato**. Toss to coat.

3



Make the glaze

- In a small bowl, combine **garlic**, **parsley**, the **water** and **onion chutney**. Season and set aside.

Little cooks: Kids can help combine the ingredients for the glaze.

6



Serve up

- Slice onion chutney-glazed chicken.
- Divide chicken and roasted veggies between plates.
- Serve with garden salad and **dill & parsley mayonnaise**. Enjoy!

Rate your recipe

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