



# Spiced Chicken & Garlic-Butter Potatoes

with Tomato Salad & Truffle Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Garlic



Chicken Thigh



Aussie Spice Blend



Mixed Salad Leaves



Italian Truffle Mayonnaise

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

Can you really get more of a classic meal than a chicken, potato and salad number? The answer is no. This one is taken to the next level by its special sides, like our everything garnish and Italian truffle mayonnaise.

### Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Balsamic)

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
tomato	1	2
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
Italian truffle mayonnaise	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (597Cal)	514kJ (122Cal)
Protein (g)	34.9g	7.2g
Fat, total (g)	37.6g	7.7g
- saturated (g)	11.2g	2.3g
Carbohydrate (g)	39.2g	8.1g
- sugars (g)	20.3g	4.2g
Sodium (mg)	840mg	173mg
Dietary Fibre (g)	5.2g	1.1g

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

1



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until just tender, **18-20 minutes**.

**Little cooks:** Kids can help toss the potatoes.

4



## Finish the potatoes

- When the potatoes are done, lightly crush them on the tray until 1cm-thick. Drizzle with melted **garlic butter**. Return to oven to roast until golden, **8-10 minutes**.

2



## Get prepped

- While the potatoes are roasting, roughly chop **tomato**. Finely chop **garlic**.
- In a small microwave-safe bowl, add the **butter** and **garlic**. Microwave in **10 second** bursts, until melted. Season with **salt** and **pepper**, set aside.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken thigh**, toss to coat.

5



## Toss the salad

- Meanwhile, combine a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.
- Add **mixed salad leaves** and **tomato** to the **dressing** and toss to combine.

**Little cooks:** Take the lead by combining the ingredients for the dressing!

3



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh** until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and top with the **honey**. Bake until cooked through, **12-14 minutes**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

6



## Serve up

- Slice spiced chicken.
- Divide chicken, garlic-butter potatoes and tomato salad between plates.
- Serve with **Italian truffle mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW19

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