



Garlic & Herb Charred Chicken

with Oregano Fries, Greek Salad & Zesty Mayo

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Garlic



Lemon



Garlic & Herb Seasoning



Chicken Thigh



Red Onion



Mayonnaise



Cucumber



Tomato



Mixed Salad Leaves



Feta

Hands-on: 20-30 mins
Ready in: 35-45 mins

Low calorie

Eat me early

Zesty! Herby! Creamy! This Mediterranean-inspired meal features lemon, garlic and herbs in an easy marinade for tender chicken thigh, while red onion brings colour and sharp flavour to the Greek-style salad.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine), Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
dried oregano	1 sachet	1 sachet
garlic	2 cloves	4 cloves
lemon	½	1
garlic & herb seasoning	1 sachet	1 sachet
chicken thigh	1 packet	1 packet
red onion	½	1
vinegar* (white wine or red wine)	¼ cup	½ cup
honey*	1 tsp	2 tsp
mayonnaise	1 packet (40g)	1 packet (100g)
cucumber	1 (medium)	1 (large)
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
feta	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2257kJ (539Cal)	347kJ (82Cal)
Protein (g)	43.2g	6.6g
Fat, total (g)	21.2g	3.3g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	43.9g	6.7g
- sugars (g)	11.9g	1.8g
Sodium (mg)	841mg	129mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Sprinkle with the **dried oregano**. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the fries are baking, finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. In a medium bowl, combine the **garlic**, **garlic & herb seasoning**, a good squeeze of **lemon juice** and a drizzle of **olive oil**. Add the **chicken thigh**, then season with **salt** and **pepper**. Toss to coat and set aside.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Stir to dissolve, then add the **onion** to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside until serving.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until browned, **2 minutes** on each side. Remove the pan from the heat, then add the **honey** and turn the chicken to coat. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes** (depending on size).

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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



Bring it all together

While the chicken is cooking, combine the **mayonnaise**, **lemon zest** and a squeeze of **lemon juice** in a second small bowl. Set aside. Finely chop the **cucumber** and **tomato**. Drain the **pickled onion** (reserve some pickling liquid for the dressing). In a second medium bowl, combine the **cucumber**, **tomato**, **pickled onion**, **mixed salad leaves**, a dash of **pickling liquid** and a drizzle of **olive oil**. Season to taste and toss to coat.



Serve up

Slice the garlic and herb charred chicken. Divide the chicken, oregano fries and salad between plates. Crumble the **feta** over the salad. Serve with the zesty mayo and any remaining lemon wedges.

Enjoy!