



Spiced Chicken & Garlic-Butter Potatoes

with Cucumber Salad & Truffle Mayo

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cucumber



Garlic



Aussie Spice Blend



Mixed Salad Leaves



Italian Truffle Mayonnaise



Chicken Thigh

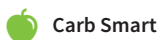


Chicken Breast

Keep an eye out...

Due to recent sourcing challenges, we've replaced tomato with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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



Carb Smart

Eat Me Early

We're buttering you up for these potatoes and chicken dinner. Spiced chicken is a great accompaniment to some roast potatoes, but these aren't any ordinary spuds. They've been roasted in a garlic butter that only gets better when you dollop over a bit of truffle mayo. This is one pleasing dish!

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

Pantry items

Olive Oil, Butter, Honey, Red Wine Vinegar

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
cucumber	1	1
garlic	2 cloves	4 cloves
butter*	20g	40g
chicken thigh	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
honey*	1 tsp	2 tsp
red wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2694kJ (644Cal)	553kJ (132Cal)
Protein (g)	34.7g	7.1g
Fat, total (g)	39.3g	8.1g
- saturated (g)	11.8g	2.4g
Carbohydrate (g)	38.1g	7.8g
- sugars (g)	15.2g	3.1g
Sodium (mg)	834mg	171mg
Dietary Fibre (g)	5.4g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2414kJ (577Cal)	495kJ (118Cal)
Protein (g)	38.9g	8g
Fat, total (g)	29.9g	6.1g
- saturated (g)	8.9g	1.8g
Carbohydrate (g)	38.1g	7.8g
- sugars (g)	15.2g	3.1g
Sodium (mg)	817mg	168mg

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.



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 potato.



Get prepped

- Meanwhile, roughly chop **cucumber**. Finely chop **garlic**.
- In a small heatproof bowl, microwave the **butter** and **garlic** in **10 second** bursts, until melted. Season with **salt** and **pepper**, then set aside.
- In a medium bowl, combine **chicken thigh**, **Aussie spice blend** and a drizzle of **olive oil**.

Custom Recipe: If you swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Then, combine chicken with spice blend as above.



Bake 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.

Custom Recipe: Heat the pan in the same way as above, cook chicken until cooked through, 3-5 minutes each side. Remove from heat, then add the honey and turn to coat.



Finish the potatoes

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



Toss the salad

- Meanwhile, combine a drizzle of **red wine vinegar** and **olive oil** in a large bowl. Season to taste with **salt** and **pepper**.
- Add **mixed salad leaves** and **cucumber** to the **dressing** and toss to combine.

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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