

Chicken & Creamy Oregano Sauce

with Rosemary Potatoes & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Silverbeet



Garlic



Rosemary



Oregano



Chicken Thigh



Light Cooking Cream



Chicken Stock

 Hands-on: 30-40 mins
Ready in: 40-50 mins

 Naturally gluten-free
Not suitable for Coeliacs

 Eat me early

 Calorie Smart

It's all about the sauce in this winning dinner – garlic and oregano combine in a creamy and delectable sauce that's rich and indulgent. Teamed with succulent chicken, rosemary potatoes and garlicky veggies, you just can't go wrong.

Pantry items

Olive Oil, Butter

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	2	4
carrot	1	2
zucchini	1	2
silverbeet	1 bunch	1 bunch
garlic	3 cloves	6 cloves
rosemary	½ bunch	1 bunch
oregano	1 bunch	1 bunch
chicken thigh	1 small packet	1 large packet
butter*	10g	20g
light cooking cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2530kJ (605Cal)	352kJ (84Cal)
Protein (g)	42.3g	5.9g
Fat, total (g)	30.4g	4.2g
- saturated (g)	16.1g	2.2g
Carbohydrate (g)	38.8g	5.4g
- sugars (g)	10.1g	1.4g
Sodium (mg)	331mg	46mg

Allergens

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

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



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into 2cm chunks. Slice the **carrot** (unpeeled) into thin sticks. Slice the **zucchini** in thin sticks. Roughly chop the **silverbeet**. Finely chop the **garlic**. Pick and finely chop the **rosemary** leaves (see ingredients). Pick and finely chop the **oregano** leaves.



Bake the potato

Place the **potato**, **rosemary** and drizzle of **olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper**. Toss to coat, then bake until tender, **20-25 minutes**.



Cook the chicken

While the potato is baking, season the **chicken thigh** on both sides with **salt** and **pepper**. Heat a large frying pan over a high heat with a drizzle of **olive oil** and the **butter**. Cook the **chicken** until browned, **2 minutes** each side. Transfer to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes** (depending on thickness).



Cook the veggies

While the chicken is baking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **silverbeet** and cook, stirring until softened, **2-3 minutes**. Add the **carrot** and **zucchini** and cook until tender, **2 minutes**. Add 1/2 the **garlic**, then season with **salt** and **pepper** and cook until fragrant, **1 minute**. Transfer to a bowl and set aside.



Cook the oregano sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **oregano** and remaining **garlic** until fragrant, **1 minute**. Add the **light cooking cream** and cook for **1-2 mins**. Add the **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people) and cook until slightly reduced, **3 minutes**. Season with **salt** and **pepper**.



Serve up

Slice the chicken. Divide the chicken, rosemary potatoes and garlic veggies between plates. Pour the creamy oregano sauce over the chicken to serve.

Enjoy!