



HERBY CHICKEN THIGHS

with Speedy Dauphinoise Potatoes & Zucchini



Master speedy
dauphinoise potatoes



Potatoes



Carrot



Chicken Stock



Zucchini



Parsley



Rosemary



Garlic



Cooking Cream



Wholegrain Mustard

Free Range Chicken Thighs

Pantry Staples



Water



Olive Oil

Hands-on: 40 mins
Ready in: 40 mins

1 Eat me early

Ah, those carefree French. Lying around with hours to knock up a creamy dauphinoise (we assume). For us mere mortals who can't pull off a beret without looking silly, here's the cheat's version for you.

BEFORE YOU — START

You will need: **large saucepan, chef's knife, chopping board, colander, medium jug, medium baking dish, garlic crusher, medium bowl, large frying pan and tongs.** Let's start cooking the **Herby Chicken Thighs with Speedy Dauphinoise Potatoes & Zucchini**



1 COOK THE POTATO AND CARROT

Put a large saucepan of salted water on to boil. Finely slice the **potato** (unpeeled) into 3 mm thick slices. Finely slice the **carrot** (unpeeled) into 3 mm thick slices. Add the **potato** and **carrot** to the boiling water and cook for **7 minutes**, or until slightly tender. Drain.



2 GET PREPPED

Meanwhile, combine the crumbled **chicken stock** cube with the **hot water** in a medium jug. Finely slice the **zucchini**. Finely chop the **parsley** leaves. Pick and chop the **rosemary** leaves. Peel and crush the **garlic**



3 MAKE A SPEEDY DAUPHINOISE

Preheat the grill to **high**. Transfer the cooked **potato** and **carrot** to a medium baking dish. Pour over the **chicken stock** mixture and the **cooking cream**. Add **1/2 the garlic** to the dish, season with **salt** and **pepper** and gently stir. Transfer the dish to the top oven rack under the grill and grill for **15 minutes**, or until golden and bubbling.

Dauphinoise potatoes are a decadent French side dish of thinly sliced potatoes that are made delectable with garlic and a little cream. Don't worry, we've dialled up the nutrition content of this dish with the addition of carrot.



4 PREPARE THE CHICKEN

Meanwhile, combine the **parsley** (reserve a few leaves to garnish!), **rosemary**, **wholegrain mustard**, **remaining garlic** and **2/3 of the olive oil** in a medium bowl. Season with **salt** and **pepper** and mix well. Add the **free range chicken thigh** and toss to coat. **TIP:** slash the thickest part of the chicken thigh to ensure it cooks evenly.

5 COOK THE CHICKEN & ZUCCHINI
Heat the **remaining olive oil** in a large frying pan over a medium-high heat. Add the **chicken thigh** and cook for **4-5 minutes** on each side, or until golden and cooked through. Remove from the pan and set aside. And another **dash of olive oil** (if required) and the **zucchini** and cook for **1-2 minutes** on each side, or until golden.



6 SERVE UP

Divide the herby chicken thighs, speedy dauphinoise potatoes and zucchini between plates. Spoon any excess pan juices over the chicken and sprinkle over the reserved parsley leaves.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
potatoes	800 g
carrot ☺	3
chicken stock	1 cube
hot water*	1/4 cup
zucchini	2
parsley ☺	1 bunch
rosemary	1 bunch
garlic ☺	4 cloves
cooking cream	1 tub (300ml)
wholegrain mustard	1 tub (40g)
olive oil*	3 tbs
free range chicken thighs	1 packet

*Pantry Items | ☺Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2880kJ (688Cal)	402kJ (96Cal)
Protein (g)	42.6g	6.0g
Fat, total (g)	38.3g	5.3g
- saturated (g)	14.3g	2.0g
Carbohydrate (g)	39.4g	5.5g
- sugars (g)	11.6g	1.6g
Sodium (mg)	456mg	64mg

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hello@hellofresh.com.au