



Herby Parsley Chicken with Sticky Baked Veg

Calorie Smart 50 Minutes • 1 of your 5 a day • Under 600 Calories

24



Potatoes



Red Onion



Garlic Clove



Tomato Puree



Mango Chutney



Flat Leaf Parsley



Skin-On Chicken Breast



Kale

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl and frying pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	2	3	4
Garlic Clove**	2	3	4
Tomato Puree	1 sachet	2 sachets	2 sachets
Mango Chutney	1 sachet	2 sachets	2 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil for the Chicken*	2 tbsp	3 tbsp	4 tbsp
Skin-On Chicken Breast**	2	3	4
Kale**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	595g	100g
Energy (kJ/kcal)	2396/573	403/96
Fat (g)	16	3
Sat. Fat (g)	3	1
Carbohydrate (g)	64	11
Sugars (g)	20	3
Protein (g)	46	8
Salt (g)	0.49	0.08

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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60 Worship St, London EC2A 2EZ

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve and peel the **onion**. Quarter each half. Pop the **potatoes** and **onions** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out. When the oven is hot, roast on the top shelf until the **potatoes** are golden and the **onions** are soft, 25-35 mins. Turn halfway through.



Cook the Chicken

Heat a frying pan on medium-high heat (no oil). Once the pan is hot, lay in the **chicken breasts** skin-side down and fry until the skin is golden, 4-5 mins. Turn and cook for 2 mins on the other side, then transfer to a baking tray (skin-side up) and pop on the middle shelf of your oven to roast until cooked, 15-20 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Put the **garlic** in a bowl with the **tomato puree**, **mango chutney** and the **water for the sauce** (see ingredients for amount). Mix together and leave to the side.



Crisp up the Kale

Once the **potatoes** and **onion** are cooked, add the **tomato/chutney sauce** and mix together on the baking tray until nicely coated. Lay the **kale** on top, drizzle with a little **oil** and season with **salt** and **pepper**. **TIP:** *Remove any tough stalks from the kale.* Return the tray to your oven and bake until the **kale** is crispy, 4-5 mins.



Marinate the Chicken

Finely chop the **parsley** (stalks and all) and pop into a medium bowl with the **olive oil for the chicken** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Add the **chicken** to the bowl and turn to coat in the **mixture**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Finish and Serve

Once cooked, transfer your **chicken** to a board to rest for a couple of mins. Mix the **potatoes**, **onions** and **kale** together in the tray and spoon onto plates. Thinly slice the **chicken** and serve on top.

Enjoy!

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8-14

