

# Louisiana Chicken & Lemon Crushed Potatoes

with Cucumber Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Garlic



Lemon



Tomato



Cucumber



Louisiana Spice Blend



Chicken Thigh



Salad Leaves



Dill & Parsley Mayonnaise

### Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

### Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

 Hands-on: 25-35 mins  
Ready in: 30-40 mins

 Eat Me First

We've put all the much-loved family flavours into this delectable dinner - from the Louisiana spiced chicken to the lemony crushed potatoes, it's got everything we're all addicted to!

## 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
lemon	½	1
tomato	1	2
cucumber	1 (medium)	1 (large)
Louisiana spice blend	1 sachet	2 sachets
chicken thigh	1 packet	1 packet
butter*	25g	50g
salad leaves	1 bag (30g)	1 bag (60g)
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	50g	100g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2777kJ (664Cal)	478kJ (114Cal)
Protein (g)	39.2g	6.8g
Fat, total (g)	38g	6.5g
- saturated (g)	10.8g	1.9g
Carbohydrate (g)	40.4g	7g
- sugars (g)	17.9g	3.1g
Sodium (mg)	1140mg	196mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the potato

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** into large chunks. Finely chop the **garlic**. Slice the **lemon** into wedges. Cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and set aside.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, turning occasionally, until cooked through, **10-14 minutes** (cook in batches if your pan is getting crowded).

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



## Get prepped

While the potato is cooking, roughly chop the **tomato** and **cucumber**. In a medium bowl, combine the **Louisiana spice blend** and a drizzle of **olive oil**. Add the **chicken thigh** and turn to coat. Season with **salt** and **pepper**. Set aside.



## Toss the salad

In a large bowl, combine the **tomato**, **cucumber**, **salad leaves**, the **honey** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



## Crush the potatoes

Return the saucepan to a medium-high heat. Cook the **butter** and **garlic**, stirring, until fragrant, **1 minute**. Add a squeeze of **lemon juice** and a splash of **water** and bring to the boil. Remove from the heat, then add the **potato**, season with **salt** and toss to coat. Lightly crush the **potato** with a fork. Cover to keep warm.



## Serve up

Divide the Louisiana chicken, lemon crushed potatoes and cucumber salad between plates. Top with the **dill & parsley mayonnaise**. Serve with any remaining lemon wedges.

**Enjoy!**