



# Tray-Bake Chicken

with Roasted Veggies, Tomato Salad and Minty Salsa



## HELLO LEEK

*Like all other alliums (onions, garlic etc.) the leek is related to the lily!*



New Potatoes



Carrot



Italian Herbs



Chicken Thigh (Skin on)



Leek



Courgette



Yellow and Red Cherry Tomatoes



Vine Tomato



Flat Leaf Parsley



Mint



Honey



Wholegrain Mustard



Red Wine Vinegar

MEAL BAG

40 mins

4 of your 5 a day

Delicious roast veggies, crispy-skinned chicken and a refreshing minty salsa. There's a lot to like here. But maybe our favourite element of today's meal is the tomato salad. There's something so elegantly rustic about mixing tomatoes of two different varieties. Hope you think so too!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler**, two **Baking Trays** and two **Mixing Bowls**. Now, let's get cooking!



### 1 ROAST THE VEGGIES

Preheat your oven to 200°C. Quarter the **potatoes**. Peel the **carrot** and remove both ends, then quarter lengthways and chop the lengths into three chunks. Put the **potatoes** and **carrot** on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper** and sprinkle over the **half** the **Italian herbs**. Toss to coat, then roast on the middle shelf of your oven until golden and cooked through, 30-35 mins. Turn halfway through.



### 2 ROAST THE CHICKEN

Put the **chicken thighs** on another baking tray. Sprinkle on the remaining **Italian herbs** and season with **salt** and **pepper**. Rub the seasoning into the **chicken**. **★ TIP: Remember to wash your hands and equipment after handling raw meat!** Pop on the top shelf of your oven and roast until the skin is crispy, 30-35 mins. **★ TIP: The chicken is cooked when it is no longer pink in the middle.**



### 3 ROAST THE REST

Meanwhile, remove the root and dark green top from the **leek**, then slice into 1cm thick rounds. Remove the top and bottom from the **courgette**, quarter lengthways and chop each strip into three pieces. Add the **leek** and **courgette** to the **potatoes** and **carrot** after 15 mins of cooking time, mixing them in evenly. Roast until soft and golden, 20 mins.



### 4 MAKE THE SALAD

Cut the **cherry tomatoes** in half through the equator. Pop into a mixing bowl. Chop each **vine tomato** into eight pieces. Add these to the bowl and season with a pinch of **salt**. Stir in a glug of **olive oil** (see ingredients for amount). Finely chop the **parsley** (stalks and all) and stir a **quarter** into the **tomato salad**. **★ TIP: The salt will help the tomatoes release their juice and make a delicious dressing.**



### 5 SALSA TIME!

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Mix the **mint** and remaining **parsley** together in another mixing bowl with the **honey**, **wholegrain mustard** (add less if you don't love mustard!), **red wine vinegar** and **olive oil** (see ingredients for amount). Season to taste with **salt** and **pepper**. Keep to one side.



### 6 SERVE

Share the **roasted veggies** and **tomato salad** between your plates and place the **chicken thighs** alongside. Spoon the **minty salsa** on top. **Enjoy!**

## 2 PEOPLE INGREDIENTS

New Potatoes, quartered	1 pack
Carrot, chopped	1
Italian Herbs	1 tsp
Skin on Chicken Thigh	4
Leek, sliced	½
Courgette, chopped	½
Yellow and Red Cherry Tomatoes, halved	½ punnet
Vine Tomato, chopped	1
Olive Oil for the Salad*	1 tbsp
Flat Leaf Parsley, chopped	1 small bunch
Mint, chopped	½ bunch
Honey	1 tbsp
Wholegrain Mustard 9)	½ tbsp
Red Wine Vinegar 14)	½ tbsp
Olive Oil for the Salsa*	1½ tbsp

\*Not Included

NUTRITION UNCOOKED INGREDIENT	PER SERVING 773G	PER 100G 100G
Energy (kcal)	1056	137
(kJ)	4427	573
Fat (g)	62	8
Sat. Fat (g)	13	2
Carbohydrate (g)	43	6
Sugars (g)	16	2
Protein (g)	57	7
Salt (g)	0.39	0.05

### ALLERGENS

9) Mustard 14) Sulphites

**Wholegrain Mustard:** Cider Vinegar (**Sulphites**), Mustard Seed (29%), Water, Sea Salt, Black Peppercorns, Allspice, Chillies.

**🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.**

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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