



NOV
2016

Trick-or-Thyme-Roasted Chicken

with Spinach Guts and Crispy Potatoes

You know it's going to be a good night when almost everything gets cooked right on baking sheets. In fact, all you have to do while the chicken and potatoes are baking away is sauté some spinach, which takes ... get ready for it ... less than five minutes.



Prep: 10 min
Total: 35 min



level 1



nut
free



gluten
free



Yukon
Potatoes



Red
Onion



Whole Grain
Mustard



Chicken
Thighs



Dried
Thyme



Garlic



Lemon



Spinach

Ingredients	2 People	4 People	
Yukon Potatoes	12 oz	24 oz	
Red Onion	1	1	
Whole Grain Mustard	1 TBSP	2 TBSP	
Chicken Thighs	12 oz	24 oz	
Dried Thyme	1 tsp	2 tsp	
Garlic	1 Clove	2 Cloves	
Lemon	1	1	
Spinach	5 oz	10 oz	
Butter*	1) 1 TBSP	2 TBSP	
Olive Oil*	2 tsp	4 tsp	

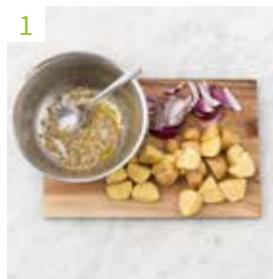
*Not Included
Allergens
1) Milk

Tools
Large bowl, 2 Baking sheets, Large pan

Nutrition 2 person Calories: 459 cal | Fat: 17 g | Sat. Fat: 6 g | Protein: 42 g | Carbs: 44 g | Sugar: 6 g | Sodium: 486 mg | Fiber: 9 g

Nutrition 4 person Calories: 443 cal | Fat: 17 g | Sat. Fat: 6 g | Protein: 42 g | Carbs: 39 g | Sugar: 4 g | Sodium: 484 mg | Fiber: 8 g

1



1 Preheat and prep: Wash and dry all produce. Preheat oven to 425 degrees. Halve **potatoes**, quarter larger ones so all are equal-sized. Halve, peel, and slice **onion** into ½-inch wedges. Place **mustard** in a large bowl with a large drizzle of **olive oil**. Stir to combine.

2



2 Roast the potatoes and onions: Add **potatoes** and **onions** to **mustard**, and stir to coat. Season with **salt** and **pepper**. Spread on a baking sheet, and roast until golden brown, about 25-30 minutes.

3



3 Roast the chicken: Place **chicken** on another baking sheet, and season on both sides with **salt**, **pepper**, and **dried thyme**. Roast until firm and juices run clear when pierced with a knife, about 20 minutes.

4 Prep the remaining ingredients: Meanwhile, mince **garlic**. Cut **lemon** into wedges.

5 Cook the spinach: With about 5 minutes left on **potatoes**, heat **1 TBSP butter** in a large pan over medium-high heat. Add **garlic** and cook until fragrant, about 1 minute. Add **spinach** and season generously with **salt** and **pepper**. Toss until wilted, 2-3 minutes.

6 Finish and plate: Plate **chicken** with **potatoes** and **onions** on the side. Serve with **spinach** and a **lemon wedge** for squeezing over. Enjoy!

4



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