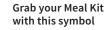


# All-American Honey Chicken with Roast Potato Chunks & Spring Onion Sour Cream

KID FRIENDLY

BEST SELLER













All-American Chicken Thigh

Spice Blend





Cream

**Spring Onion** 



**Snacking Tomatoes** 





Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me Early



We've teamed tonight's winner chicken dinner with our new favourite seasoning for roast potatoes. Complete the dish with a cherry tomato-adorned salad for a touch of sweetness and acidity, plus sour cream for some tang.





Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
chicken-style stock powder	1 medium sachet	1 large sachet		
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
water*	1 tbs	2 tbs		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
honey*	2 tbs	1/4 cup		
spring onion	1 stem	2 stems		
light sour cream	1 medium packet	1 large packet		
snacking tomatoes	1 punnet	2 punnets		
vinegar*				
(white wine or balsamic)	drizzle	drizzle		
mixed salad leaves	1 small bag	1 medium bag		
chicken breast**	1 small packet	2 small packets OR 1 large packet		
	and the second second			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2053kJ (491Cal)	<b>377kJ</b> (90Cal)
Protein (g)	37.9g	7g
Fat, total (g)	15.3g	2.8g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	48.3g	8.9g
- sugars (g)	26.6g	4.9g
Sodium (mg)	967mg	178mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1997kJ (477Cal)	367kJ (88Cal)
Protein (g)	40.2g	7.4g
Fat, total (g)	12.7g	2.3g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	48.3g	8.9g
- sugars (g)	26.6g	4.9g
Sodium (mg)	957mg	176mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





# Roast the potato

- Preheat oven to 240°C/220°C fan forced.
- Cut **potato** into bite-sized chunks.
- Place potato on a lined oven tray. Drizzle with olive oil, sprinkle over chicken-style stock powder and season with pepper. Toss to coat. Roast until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide the potato between two trays.



## Get prepped

 Meanwhile, in a medium bowl combine All-American spice blend, the water and a drizzle of olive oil. Add chicken thigh, season with pepper, then turn to coat.

**Little cooks:** Help toss the chicken with the spice blend.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Add chicken to spice blend as above.



## Cook the chicken

- In a large frying pan, heat a drizzle of olive
  oil over medium heat. Cook chicken, turning
  occasionally, until browned and cooked through,
  10-14 minutes.
- Remove from heat, then add the honey, turning the chicken until well coated.

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

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks, in batches, until cooked through, 3-6 minutes each side (when it's no longer pink inside). Remove from heat then add the honey, turning to coat.



## Make the onion sour cream

- While chicken is cooking, thinly slice **spring onion**.
- In a small bowl, combine light sour cream and spring onion. Season with salt and pepper to taste.



# Make the salad

- Halve snacking tomatoes.
- In a large bowl, combine a drizzle of the vinegar and olive oil. Season, then add tomatoes and mixed salad leaves. Toss to coat.



## Serve up

- Divide All-American honey chicken, roast potato chunks and salad between plates.
- Spoon any juices from the pan over chicken.
- Dollop over spring onion sour cream to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate