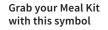


Mustard-Thyme Chicken & Chorizo Topping with Asparagus, Oregano Potatoes & Almonds

GOURMET

KID FRIENDLY













Potato

Dried Oregano





Silverbeet





Asparagus

Thyme





Lemon

Mild Chorizo







Garlic Aioli

Dijon Mustard





Chicken Breast

Flaked Almonds

Prep in: 30-40 mins Ready in: 40-50 mins



A feast for the eyes and the tastebuds, this delectable plate of greens, chicken and chorizo is sure to put you in a good mood. Paired with fragrant oregano and thyme, and a delightful lemon aioli to bring everything together, you'll be savouring every bite. **Pantry items**

Olive Oil

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	1 sachet	2 sachets
garlic	2 cloves	4 cloves
silverbeet	1 medium bag	1 large bag
asparagus	1 bunch	2 bunches
thyme	1 bag	1 bag
lemon	1/2	1
mild chorizo	½ packet	1 packet
garlic aioli	1 packet (50g)	1 packet (100g)
Dijon mustard	1 packet	2 packets
chicken breast	1 small packet	2 small packets OR 1 large packet
flaked almonds	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3628kJ (867Cal)	544kJ (130Cal)
Protein (g)	64.7g	9.7g
Fat, total (g)	53.6g	8g
- saturated (g)	13.9g	2.1g
Carbohydrate (g)	28.8g	4.3g
- sugars (g)	8.3g	1.2g
Sodium (mg)	1680mg	252mg

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.

Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner



Roast the potato

- Preheat oven to 220°C/200°C fan-forced.
- Cut **potato** into bite-sized chunks.
- Place potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until almost tender, 20-25 minutes.
 Remove from oven, then sprinkle dried oregano over potato.
- Toss to coat, then return to the oven to roast until tender, a further 5 minutes.

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



Get prepped

- While potato is roasting, finely chop garlic.
- Destem and roughly chop silverbeet.
- · Trim woody ends of asparagus.
- · Pick thyme leaves.
- Zest **lemon** to get a generous pinch, then slice into wedges.
- · Roughly chop mild chorizo (see ingredients).
- In a small bowl, combine garlic aioli, lemon zest and a squeeze of lemon juice. Set aside.



Cook the chicken

- In a medium bowl, combine Dijon mustard, garlic, thyme and a drizzle of olive oil. Season, then add chicken breast, turning to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, until browned, 2 minutes each side.
- Transfer to a second lined oven tray and bake until cooked through, 8-12 minutes (depending on thickness). Set aside to rest.

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



Cook the chorizo topping

- While chicken is baking, return frying pan to medium-high heat with a drizzle of olive oil.
- When oil is hot, cook chorizo, stirring occasionally, until golden, 2-3 minutes. Transfer to a small bowl.



Cook the greens

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook asparagus with a dash of water, tossing, until just tender, 4-5 minutes.
- Add silverbeet and cook until softened,
 1-2 minutes. Season to taste.



Serve up

- · Slice mustard-thyme chicken.
- Divide chicken, oregano potatoes, asparagus and silverbeet between plates.
- Top with chorizo and flaked almonds. Serve with lemon aioli and any remaining lemon wedges. Enjoy!

