



Mustard-Thyme Chicken & Chorizo Topping

with Asparagus, Oregano Potatoes & Almonds

GOURMET

KID FRIENDLY

Grab your Meal Kit
with this symbol



Potato



Dried Oregano



Garlic



Silverbeet



Asparagus



Thyme



Lemon



Mild Chorizo



Garlic Aioli



Dijon Mustard



Chicken Breast



Flaked Almonds

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



Eat Me Early

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 · 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	½	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

We're here to help!

Scan here if you have any questions or concerns



1



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.

4



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.

2



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.

5



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.

3



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.

6



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!

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