



# Spiced Chicken & Garlic-Butter Potatoes

with Cucumber Salad & Truffle Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Potato



Snacking Tomatoes



Cucumber



Garlic



Chicken Thigh



Aussie Spice Blend



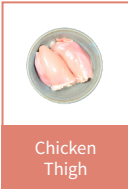
Mixed Salad Leaves



Everything Garnish



Italian Truffle Mayonnaise



Chicken Thigh

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early



**Carb Smart\***  
*\*Custom Recipe is not Carb Smart or Dietitian Approved*

Can you really get more of a classic meal than a chicken, potato and salad number? The answer is no. This one is taken to the next level by its special sides, like our everything garnish and Italian truffle mayonnaise.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
snacking tomatoes	1 punnet	2 punnets
cucumber	1	2
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
chicken thigh	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
everything garnish	½ packet	1 packet
Italian truffle mayonnaise	1 packet	2 packets
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2462kJ (588Cal)	407kJ (97Cal)
Protein (g)	38.7g	6.4g
Fat, total (g)	34.8g	5.8g
- saturated (g)	9.3g	1.5g
Carbohydrate (g)	29g	4.8g
- sugars (g)	6.5g	1.1g
Sodium (mg)	693mg	115mg
Dietary Fibre (g)	12.3g	2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3290kJ (786Cal)	427kJ (102Cal)
Protein (g)	69.1g	9g
Fat, total (g)	43.3g	5.6g
- saturated (g)	11.9g	1.5g
Carbohydrate (g)	29g	3.8g
- sugars (g)	6.5g	0.8g
Sodium (mg)	794mg	103mg

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](https://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



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## Roast the potatoes

- 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**, season with **salt** and toss to coat. Roast until just tender, **18-20 minutes**.

**Little cooks:** Kids can help toss the potatoes.

4



## Finish the potatoes

- When the potatoes are done, lightly crush them on the tray until 1cm-thick. Drizzle with melted **garlic butter**. Return to oven to roast until golden, **8-10 minutes**.

2



## Get prepped

- Meanwhile, halve **snacking tomatoes**. Slice **cucumber** into half-moons. Finely chop **garlic**.
- In a small heatproof bowl, microwave the **butter** and **garlic** in **10 second** bursts, until melted. Season with **salt** and **pepper**, then set aside.
- In a medium bowl, combine **chicken thigh**, **Aussie spice blend** and a drizzle of **olive oil**.

**Custom Recipe:** If you've doubled your chicken thigh, prepare chicken as above.

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## Toss the salad

- Meanwhile, combine a drizzle of **vinegar** and **olive oil** in a large bowl. Season to taste.
- Add **mixed salad leaves**, **cucumber** and **snacking tomatoes** to the dressing and toss to combine.

**Little cooks:** Take the lead by combining the ingredients for the dressing!

3



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh**, turning, until browned, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and top with the **honey**. Bake until cooked through, **12-14 minutes**.

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

**Custom Recipe:** Brown chicken in batches for the best results. Spread over two lined oven trays if your tray is getting crowded.

6



## Serve up

- Slice chicken.
- Divide spiced chicken, garlic-butter potatoes and cucumber salad between plates.
- Sprinkle **everything garnish** (see ingredients) over the salad.
- Top with a dollop of **Italian truffle mayonnaise** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)