



All-American Honey Chicken

with Roast Potato Chunks & Sour Cream

Grab your Meal Kit with this symbol



Potato



Chicken-Style Stock Powder



Dried Oregano



Chicken Thigh



All-American Spice Blend



Light Sour Cream



Cherry/Snacking Tomatoes



Mixed Leaves

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early
 Calorie Smart

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.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	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
dried oregano	½ sachet	1 sachet
All-American spice blend	1 medium sachet	1 large sachet
water*	1 tbs	2 tbs
chicken thigh	1 small packet	1 large packet
honey*	2 tbs	¼ cup
light sour cream	1 medium packet	1 large packet
cherry/snacking tomatoes	1 punnet	2 punnets
white wine vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2099kJ (502Cal)	387kJ (92Cal)
Protein (g)	41.4g	7.6g
Fat, total (g)	13g	2.4g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	52.8g	9.7g
- sugars (g)	24.6g	4.5g
Sodium (mg)	915mg	169mg

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.



Roast the potatoes

Preheat oven to **240°C/220°C fan forced**. Cut **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **chicken-style stock powder** and **dried oregano** (see ingredients). 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.



Season the sour cream

While chicken is cooking, place **light sour cream** in a small bowl. Season with **salt** and **pepper** to taste.



Get prepped

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



Make the salad

Halve the **cherry tomatoes**. In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomatoes** and **mixed leaves**. Toss to coat.



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 **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.



Serve up

Divide All-American honey chicken, roast potato and salad between plates. Spoon any juices from the pan over chicken. Serve with a dollop of sour cream.

Enjoy!

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