



Mustard-Thyme Chicken & Chorizo Topping

with Asparagus & Oregano Potatoes

Grab your Meal Kit with this symbol



Potato



Oregano



Garlic



Silverbeet



Asparagus



Slivered Almonds



Thyme



Lemon



Mild Chorizo



Mayonnaise



Dijon Mustard



Chicken Breast

Hands-on: 30-40 mins
Ready in: 40-50 mins

Naturally gluten-free
Not suitable for Coeliacs

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, you'll be savouring each delicious bite.

Pantry items

Olive Oil

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

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
oregano	1 bunch	1 bunch
garlic	2 cloves	4 cloves
silverbeet	1 bag	1 bag
asparagus	1 bunch	2 bunches
slivered almonds	1 packet	2 packets
thyme	1 bunch	1 bunch
lemon	½	1
mild chorizo	1 packet	2 packets
mayonnaise	1 packet (40g)	2 packets (80g)
Dijon mustard	1 tub (15g)	2 tubs (30g)
chicken breast	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	489kJ (116Cal)
Protein (g)	56.6g	8.6g
Fat, total (g)	44.6g	6.8g
- saturated (g)	10.5g	1.6g
Carbohydrate (g)	30.7g	4.7g
- sugars (g)	5.7g	0.9g
Sodium (mg)	1438mg	218mg

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 Riesling or Cabernet Sauvignon



Bake the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Pick the **oregano** leaves and roughly chop. Place the **potato** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and bake until tender, **25-30 minutes**. In the last **5 minutes** of cook time, add the **oregano** to the **potato**, toss, and return to the oven.



Get prepped

While the potato is baking, finely chop the **garlic**. Destem and roughly chop the **silverbeet** leaves. Trim the ends of the **asparagus**. Finely chop the **slivered almonds**. Pick the **thyme** leaves. Finely zest the **lemon** to get a generous pinch, then slice into wedges. Roughly chop the **mild chorizo**. In a small bowl, combine the **mayonnaise**, **lemon zest** and a squeeze of **lemon juice**. Set aside.



Cook the chicken

In a medium bowl, combine the **Dijon mustard**, **thyme**, **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **chicken breast** and toss to coat. Heat a large frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **2 minutes** each side. Transfer the **chicken** to a second oven tray lined with baking paper and bake until cooked through, **8-12 minutes**. Set aside to rest.

Tip: The chicken is cooked through when it's no longer pink inside.



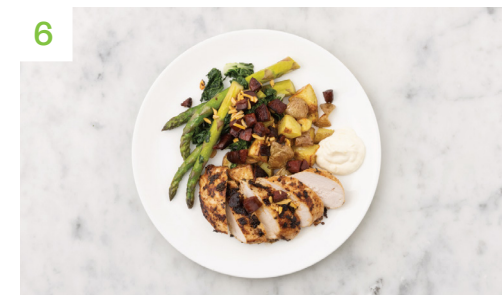
Cook the chorizo topping

While the chicken is in the oven, return the frying pan to a medium-high heat with a drizzle of **oil**. Cook the **chorizo**, stirring occasionally, until golden, **2-3 minutes**. Add the **almonds** and cook until fragrant, **1 minute**. Transfer to a small bowl, set aside.



Cook the veggies

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



Serve up

Slice the chicken and divide between plates. Serve with the oregano roast potatoes and greens. Sprinkle over the chorizo topping and serve with the lemon mayonnaise. Serve with any remaining lemon wedges.

Enjoy!