

Mustard-Thyme Chicken & Chorizo Topping

with Asparagus & Oregano Potatoes

Grab your Meal Kit with this symbol



Potato



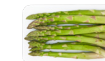
Oregano



Garlic



Silverbeet



Asparagus



Thyme



Lemon



Mild Chorizo



Mayonnaise



Dijon Mustard



Chicken Breast



Slivered Almonds



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



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs

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 every 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 bag	1 bag
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	1 packet (135g)	2 packets (270g)
mayonnaise	1 packet (40g)	1 packet (100g)
Dijon mustard	1 packet	2 packets
chicken breast	1 small packet	1 large packet
slivered almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3106kJ (742Cal)	476kJ (114Cal)
Protein (g)	57.9g	8.9g
Fat, total (g)	40.8g	6.2g
- saturated (g)	9.5g	1.5g
Carbohydrate (g)	33.2g	5.1g
- sugars (g)	5.8g	0.9g
Sodium (mg)	1400mg	214mg

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 Riesling or Cabernet Sauvignon.



Roast the potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Pick the **oregano** leaves and roughly chop. Place the **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**. In the last **5 minutes** of cook time, sprinkle the **oregano** over the **potato**. Toss to coat, then return to the oven.

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



Get prepped

While the potato is roasting, finely chop the **garlic**. De-stem and roughly chop the **silverbeet**. Trim the woody ends of the **asparagus**. Pick the **thyme** leaves. 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**, **garlic**, **thyme** and a drizzle of **olive oil**. Season, then add the **chicken breast**, turning to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **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 the chicken is baking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chorizo**, stirring occasionally, until golden, **2-3 minutes**. Transfer to a small bowl.



Cook the veggies

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



Serve up

Slice the mustard-thyme chicken. Divide the chicken, oregano potatoes, asparagus and silverbeet between plates. Top with the chorizo and **slivered almonds**. Serve with the lemon mayo and any remaining lemon wedges.

Enjoy!

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