

OREGANO CHICKEN & ROSEMARY PARMESAN FRIES

This oregano chicken, marinated in Greek yoghurt, is a simple combination that has been tried-and-tested and never

fails to deliver a tender and flavoursome result. Served alongside the cheesy herb fries, this dish is sure to be a hit.

with Garlic Veggies





Marinate chicken in yoghurt for tender meat











Oregano





Greek Yoghurt



Chicken Thigh



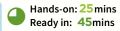


Carrot

Broccoli



Pantry Staples: Olive Oil







Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• two oven trays lined with baking paper • large frying pan



BAKE THE FRIES

Preheat the oven to 220°C/200°C fanforced. Slice the potato (unpeeled) into 1cm fries. Pick and finely chop the rosemary leaves. Place the potato and rosemary onto an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat, then bake on the top rack for **25-30 minutes** or until tender. In the last **5 minutes** of cook time, sprinkle with the **grated Parmesan cheese** and bake until melted.



FLAVOUR THE CHICKEN

While the fries are baking, pick and finely chop the **oregano** leaves. Finely chop the garlic (or use a garlic press). In a medium bowl, combine the oregano, Greek yoghurt, salt, 3/4 the garlic and a drizzle of olive oil. Season with a pinch of pepper. Add the chicken thighs and toss to coat.



BAKE THE CHICKEN

Place the **chicken** on a second oven tray lined with baking paper and spoon over any excess marinade from the bowl. Bake for 25 minutes or until cooked through.



PREP THE VEGGIES

While the chicken is baking, slice the zucchini into 1cm batons. Slice the carrot (unpeeled) into 0.5cm batons. *TIP: You can cut the zucchini and carrot into half moons if you prefer! Chop the **broccoli** florets and stalk into small pieces.



COOK THE VEGGIES

When the potatoes have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of olive oil. Add the **broccoli**, **carrot** and **zucchini** and cook for 8-10 minutes or until tender. *TIP: Add a dash of water to help speed up the cooking process. Add the remaining garlic and cook for 1 minute, or until fragrant. Season with a pinch of salt and pepper.



SERVE UP

Thickly slice the chicken. Divide the oregano chicken, rosemary Parmesan fries and veggies between plates. Serve with the garlic aioli.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

INGREDIENTS

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	4-5P	
olive oil*	refer to method	
potato	4	
rosemary	1 bunch	
grated Parmesan cheese	2 packets (60 g)	
oregano	1 bunch	
garlic	3 cloves	
Greek yoghurt	1 tub (100 g)	
salt*	½ tsp	
chicken thigh	1 packet	
zucchini	1	
carrot	2	
broccoli	1 head	
garlic aioli	1 tub (100 g)	

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2790kJ (668Cal)	393kJ (94Cal)
Protein (g)	49.4g	7.0g
Fat, total (g)	31.5g	4.4g
saturated (g)	9.1g	1.3g
Carbohydrate (g)	38.1g	5.4g
- sugars (g)	10.1g	1.4g
Sodium (g)	703mg	99mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

2019 | WK4