



OREGANO CHICKEN & ROSEMARY PARMESAN FRIES

with Garlic Veggies



Marinate chicken in yoghurt for tender meat



Potato



Rosemary



Grated Parmesan Cheese



Oregano



Garlic



Greek Yoghurt



Chicken Thigh



Zucchini



Carrot



Broccoli



Garlic Aioli

Hands-on: **25 mins**
Ready in: **45 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

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.

Pantry Staples: Olive Oil

BEFORE YOU START

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**



1 BAKE THE FRIES

Preheat the oven to **220°C/200°C fan-forced**. 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.



4 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.



2 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.



5 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**.



3 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.



6 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!

4-5 PEOPLE INGREDIENTS

	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](https://www.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

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