



All-American Honey Chicken & Roast Potatoes

with Garden Salad & Chive Sour Cream

Grab your Meal Kit with this symbol



Potato



Chicken Stock



Tomato



Cucumber



All-American Spice Blend



Chicken Thigh



Chives



Sour Cream



Mixed Salad Leaves

Hands-on: **20-30 mins**
 Ready in: **35-45 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Calorie Smart

Tonight, try our amazing new twist to roasting potatoes: coat them in chicken stock for an irresistible flavour. We bet this will be a real hit in the household tonight!

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 stock	1 cube	2 cubes
tomato	1	2
cucumber	1	2
All-American spice blend	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
water*	1 tbs	2 tbs
honey*	2 tbs	¼ cup
chives	1 bunch	1 bunch
sour cream	1 packet (100g)	1 packet (200g)
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2321kJ (554Cal)	388kJ (92Cal)
Protein (g)	40.3g	6.7g
Fat, total (g)	18.6g	3.1g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	53.9g	9g
- sugars (g)	27.8g	4.7g
Sodium (mg)	923mg	154mg

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 potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place on an oven tray lined with baking paper. Sprinkle over the **chicken stock**, season with **pepper** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



Get prepped

While the potato is baking, roughly chop the **tomato**. Thinly slice the **cucumber** into rounds. Cut the **chicken thighs** in half. In a medium bowl, combine the **All-American spice blend**, the **water**, and a small drizzle of **olive oil**. Season with **pepper**. Add the **chicken thigh** and toss to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **chicken**, turning occasionally, until browned and cooked through, **8-10 minutes**. Remove from heat and add the **honey**, turning until the **chicken** is well coated, **1 minute**.

TIP: Chicken is cooked through when it's no longer pink inside!

TIP: Don't worry if your chicken gets a little charred during cooking. It adds to the flavour!



Make the chive sour cream

While the chicken is cooking, finely chop the **chives**. In a small bowl, combine the **sour cream** and **chives**. Season to taste.



Make the salad

In a large bowl, combine a small drizzle of **white wine vinegar** and **olive oil** and season with a pinch of **salt** and **pepper**. Add the **tomato**, **cucumber** and **mixed salad leaves** to the bowl with the **dressing** and toss to coat.



Serve up

Divide the All-American honey chicken, roast potatoes and salad between plates. Spoon over and juices from the pan. Serve with the chive sour cream.

Enjoy!