



MEDITERRANEAN CHICKEN BITES

with Roast Potatoes & Garlic Aioli



Roast potatoes with thyme for extra flavour!



Potato



Thyme



Chicken Breast



Sweet Paprika



Lemon Pepper Spice Blend



Green Beans



Red Capsicum



Garlic



Garlic Aioli

Pantry Staples: Olive Oil

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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Make a winner winner chicken dinner with simple flavoured chicken strips, colourful veggies and roasted spuds. The little ones will love the fun, bite-sized morsels and easy to eat sides... and hey, the grown-ups will too!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, large bowl, tongs, garlic crusher, large frying pan, plate, foil** and **wooden spoon**.



1 ROAST THE POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time!* Pick the **thyme** leaves. **TIP:** *Hold the thyme stalk in one hand and run your fingers down the leaves to remove them easily!* Place the potato, thyme, a **drizzle of olive oil** and a **pinch of salt** and **pepper** onto the oven tray lined with baking paper. Toss to coat, then roast for **20-25 minutes** or until tender.



4 COOK THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add **1/2** the **chicken strips** and cook for **4-5 minutes**, tossing regularly, until browned and cooked through. Remove from the pan, set aside on a plate and cover with foil. Repeat with the remaining chicken. **TIP:** *Cooking the chicken in batches lets it brown without stewing in the pan.*



2 FLAVOUR THE CHICKEN

While the potato is roasting, slice the **chicken breast** into 1cm strips. In a large bowl, combine the chicken strips, **sweet paprika, lemon pepper spice blend** and **salt** (see ingredients list). Set aside.



5 COOK THE VEGGIES

Return the pan to a medium-high heat and add the **green beans** and **red capsicum**. Cook for **3-4 minutes**, or until tender. Add the **garlic** and cook for a further **1 minute**, or until fragrant. Season to taste with a **pinch of salt** and **pepper**.



3 PREP THE VEG

Trim the **green beans**. Slice the **red capsicum** into 1cm strips. Peel and crush the **garlic**.



6 SERVE UP

Divide the Mediterranean chicken bites, the roast potatoes and veg between plates. Serve the **garlic aioli** on the side.

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
thyme	1 bunch
chicken breast	1 packet
sweet paprika	1 sachet
lemon pepper spice blend	1 sachet
salt*	½ tsp
green beans	1 bag (200g)
red capsicum	1
garlic	1 clove
garlic aioli	1 tub (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2330kJ (556Cal)	472kJ (113Cal)
Protein (g)	44.9g	9.1g
Fat, total (g)	26.1g	5.3g
- saturated (g)	4.8g	1.0g
Carbohydrate (g)	32.3g	6.6g
- sugars (g)	5.7g	1.2g
Sodium (g)	289mg	59mg

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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