

MEDITERRANEAN CHICKEN BITES

with Roast Potatoes & Garlic Aioli



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!



Roast potatoes with thyme for extra flavour!











Chicken Breast

Sweet Paprika





Lemon Pepper Spice

Green Beans

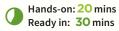








Pantry Staples: Olive Oil







Naturally gluten-free
Not suitable for Coeliacs

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**.



Preheat the oven to 220°C/200°C

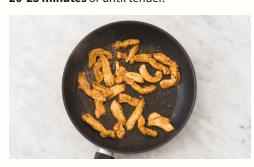
fan-forced. Cut the potato (unpeeled) into
1cm chunks. * TIP: Cut the potato to the
correct size so it cooks in the allocated time!
Pick the thyme leaves. * TIP: Hold the thyme
stalk in one hand and run your fingers down the
leaves to remove them easily! Place the potato,
thyme, a drizzle of olive oil 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.



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.



3 PREP THE VEG
Trim the green beans. Slice the red capsicum into 1cm strips. Peel and crush the garlic.



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.



Seturn 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.



SERVE UPDivide 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!

-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 (200 g)	
red capsicum	1	
garlic	1 clove	
garlic aioli	1 tub (100 g)	

*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**

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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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2018 | WK25