



# SOUTHERN-STYLE SEARED CHICKEN

with Roast Potato & Garlic Veggies



Flavour veg  
with garlic



Potato



Carrot



Broccoli



Chicken Thigh



Sweet Mustard  
Spice Blend



Garlic



Garlic Aioli

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

Eat me early

A sweet mustard spice mix is just the thing to add plenty of flavour to tender chicken thighs. Add buttery garlic veggies, roasted potatoes and a stellar aioli and this easy midweek meal turns into a tasty feast!

**Pantry Staples:** Olive Oil, Plain Flour, Butter

## BEFORE YOU START

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

- oven tray lined with **baking paper**
- **large frying pan**
- **medium frying pan**



### 1 BAKE THE POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the potato on an oven tray lined with baking paper. **Drizzle** generously with **olive oil**, season with a good **pinch** of **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



### 2 GET PREPPED

While the potato is roasting, thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Slice the **chicken thighs** in half crossways.



### 3 FRY THE CHICKEN

In a medium bowl, combine the **salt**, **plain flour**, **sweet mustard spice blend** and a **pinch** of **pepper**. Add the **chicken** and toss to coat. In a large frying pan, heat a good **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the chicken and cook, turning occasionally, until golden and cooked through, **10-14 minutes**. Transfer to a plate lined with paper towel. **TIP:** *If your pan is getting crowded, cook in batches for the best results. The chicken is cooked when it is no longer pink inside.*



### 4 COOK THE VEGETABLES

When the potato has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **broccoli** and the **water** and cook until nearly tender, **4-5 minutes**. Add the **carrot** and cook until tender, **3-4 minutes**. Add a dash more water if needed. **TIP:** *Adding water helps to steam the veggies and speeds up the cooking process.*



### 5 FLAVOUR THE VEGGIES

Add the **garlic** to the veggies and cook until fragrant, **1 minute**. Remove the pan with the vegetables from the heat and add the **butter**. Stir to combine. Season to taste with **salt** and **pepper**.



### 6 SERVE UP

Divide the Southern chicken, garlic veggies and the roast potatoes 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
carrot	2
broccoli	2 heads
garlic	2 cloves
chicken thigh	1 packet
salt*	½ tsp
plain flour*	2 tbs
sweet mustard spice blend	2 sachets
water*	¼ cup
butter*	20 g
garlic aioli	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (679Cal)	453kJ (108Cal)
Protein (g)	45.8g	7.3g
Fat, total (g)	35.3g	5.6g
- saturated (g)	8.6g	1.4g
Carbohydrate (g)	39.8g	6.4g
- sugars (g)	9.5g	1.5g
Sodium (g)	754mg	120mg

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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