

# Lemony Chicken

## with Creamy Root Mash and Roasted Vegetables

hellóchef

This wholesome supper has weeknight comfort written all over it!

Cals 643 • Prot 50 • Carbs 73 • Fat 20

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🕒 cook: 40 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Bake	2 ppl	3 ppl	4 ppl	
Skin-on, boneless chicken thighs	400	600	800	Grams
Red onion	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Red pepper	1	2	2	Piece
Small zucchini	2	3	4	Piece
Water	50	75	100	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Dijon mustard 13*	6	9	12	Grams
Dried thyme	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	2	3	4	Tbsp
Lemon	1	1	2	Piece
Mash				
Parsnip	1	1	2	Piece
Carrot	2	3	4	Piece
Butter 4*	20	30	50	Grams
Whole milk 4*	100	100	200	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Serve				
Fresh parsley	15	15	15	Grams

Allergens

\*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery, \*13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2684 / 643
Fat (g)	20.2
of which saturates (g)	9.1
Carbohydrate (g)	73
of which sugars (g)	28.1
Fiber (g)	19.4
Protein (g)	50
Salt (g)	2.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Bring a pot of salted water to the boil. Peel and slice the **onion** into quarters and separate them into individual petals. Peel and mince the **garlic**. Deseed and roughly chop the **peppers**. Slice the **zucchini** into batons. Boil the **measured water** and dissolve [0.5/1/1] **chicken stock cube** and the **Dijon mustard** in it.



4 Marinate chicken

Meanwhile, slice half of the **lemon** into slices and juice the rest into a large bowl. Add the **chicken thighs** to the large bowl with the **lemon** juice along with the remaining **dried thyme** and season with **salt** and **black pepper**.

**Tip!** Marinate the chicken up to 24 hours in advance.



2 Roast vegetables

Add the **onion, garlic, peppers, zucchini** and the **stock** to a baking dish. Sprinkle with half of the **dried thyme** (reserve the rest to use in step 4) and season with **salt** and **pepper**. Drizzle with the **olive oil** and bake for 15 min.



5 Fry chicken

Place a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken thighs**, skin-down and fry for 5-6 min until browned. The **chicken** does not need to be cooked at this point.



3 Make mash

Meanwhile, peel and chop the **parsnip** and **carrots** into bite-sized pieces. Once the water is boiling, add the **parsnip** and the **carrots**. Cook over a medium-high heat for 20-25 min or until softened. Drain and return to the pot. Add the **butter** to the pot and mash until smooth, gradually adding the **milk** until it reaches your desired consistency. Season with **salt** and **pepper**. Cover and set aside.



6 Serve

Place the **chicken** on top of the **roasted vegetables**, skin-side up and arrange the **lemon** slices on top. Continue baking for 12-15 min further or until the **chicken** and **vegetables** are cooked through. Meanwhile, pick and finely chop the **parsley** leaves. Serve the **lemony chicken** and the **roasted vegetables** with the **creamy root mash** alongside. Garnish with the **parsley**.

**Tip!** To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.