

# Rosemary and Lemon Garlic Chicken

## with Thyme Roasted Vegetables

**hellóchef**

Say goodbye to dry, flavourless chicken and hello to this delicious chicken supper!

Cals 568 • Prot 53 • Carbs 67 • Fat 15

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🕒 cook: 45 min

R3110



Before you start

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

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Skin-on, boneless chicken thighs	400	600	800	Grams
Garlic cloves	2	3	4	Piece
Lemon	1	1	2	Piece
Honey	15	15	30	Grams
Dried rosemary	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Roasted vegetables				
Red onion	1	1	2	Piece
Carrot	2	3	4	Piece
Cauliflower	300	400	600	Grams
Broccoli	200	300	400	Grams
Yellow pepper	1	1	2	Piece
Dried thyme	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Small zucchini	2	3	4	Piece
Pan sauce				
Butter 4*	10	10	20	Grams
Plain flour 10*, 11*	10	15	20	Grams
Water	150	225	300	ML
Marmite 11*, 15*	8	8	16	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Dried oregano	2	2	4	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Brown sugar	5	8	10	Grams
Black pepper	0.5	0.5	1	Tsp

Allergens

\*4 Milk, \*10 Wheat, \*11 Gluten, \*15 Celery, \*6 Fish, \*5 Eggs, \*9 Soya

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)	2372 / 568
Fat (g)	14.7
of which saturates (g)	5.6
Carbohydrate (g)	67
of which sugars (g)	25.1
Fiber (g)	16.4
Protein (g)	52.9
Salt (g)	2.8

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



1 Roast vegetables

Preheat the oven to 200°C/180°C fan. Peel and slice the **onion** into quarters and separate them into individual petals. Peel and thinly slice the **carrots** into coins. Separate the **cauliflower** and **broccoli** into florets and chop into bite-sized pieces. Deseed and roughly chop the **pepper**. Place the **onion, carrots, broccoli, cauliflower** and **pepper** onto a lined baking tray. Sprinkle with the **dried thyme**, season with a generous pinch of **salt** and **pepper** and a drizzle of **oil**. Toss to coat and roast for 15 min.



4 Fry chicken

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken thighs**, skin-side down and fry for 5-6 min until the skin is browned. Turn and fry for 3-5 min further or until cooked through. Transfer the **chicken** to a plate. Reserve the pan with the **oil** from the **chicken**. No need to wash it.

**Tip!** If the chicken is browning too quickly, reduce the heat to medium. To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



2 Prep chicken

Meanwhile, peel and mince the **garlic**. Slice half of the **lemon** into slices and juice the remaining into a large bowl. Add the **garlic, honey, rosemary, salt** and **pepper** to the large bowl and mix. Add the **chicken thighs** to the **marinade** and set aside.

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



5 Make sauce

In a small bowl or jug, combine the **measured water, marmite, Worcestershire sauce, dried oregano, [0.5/1/1] chicken stock cube** and **brown sugar**. This is your **stock**. Return the reserved pan to a medium heat with the **butter**. Once melted, add the **flour** and stir for 1 min until a thick paste forms. Add the **stock**. Mix well and bring to the boil. Once boiling, reduce the heat to low and simmer for 1-2 min or until the **sauce** thickens. Remove from the heat and season with **pepper**.



3 Add zucchini

Slice the **zucchini** into batons. After the **vegetables** have roasted for 15 min, add the **zucchini** to the **roasted vegetables** and top with the **lemon** slices. Roast for 20 min further.



6 Serve

Divide the **roasted vegetables** and **chicken thighs** among plates. Spoon the **pan sauce** over the **chicken** and the **roasted vegetables**.