

Baked Lemon Thyme Chicken

with Tomatoes and Creamed Spinach

hellóchef

In this recipe, you'll bake chicken thighs with fresh thyme and lemon and serve alongside delicious creamy spinach.

Cals 647 • Prot 55 • Carbs 36 • Fat 34

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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

Chicken	2 ppl	3 ppl	4 ppl	
Skinless boneless chicken thighs	400	600	800	Grams
Lemon	1	1	2	Piece
Soy sauce 9*, 10*, 11*	10	15	20	ML
Honey	15	15	30	Grams
Garlic onion powder	4	4	8	Grams
Olive oil	1	1	2	Tbsp
Cherry tomatoes	150	250	300	Grams
Fresh thyme	10	10	10	Grams
Salt	0.5	0.5	1	Tsp

Creamy spinach				
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Spinach	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Cooking cream 4*	200	200	400	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Black pepper	0.5	0.5	1	Tsp

Allergens

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

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)	2692 / 647
Fat (g)	34
of which saturates (g)	19.5
Carbohydrate (g)	36
of which sugars (g)	16.7
Fiber (g)	10.1
Protein (g)	54.5
Salt (g)	4.8

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



1 Prep chicken

Preheat the oven to 200°C/180°C fan. Slice half of the **lemon** into rounds and set them aside. Juice the remaining **lemon** directly into a baking dish. Add the **soy sauce, honey** and the **garlic onion powder**. Drizzle with **olive oil** and whisk to combine. Turn the **chicken thighs** in the **marinade** until coated.

Tip! Marinate the chicken for up to 24 hours in advance!



2 Bake chicken

Top the **chicken** with the **whole cherry tomatoes**, whole **thyme** sprigs, a generous pinch of **salt** and the **lemon** slices. Bake for 20-25 min or until the **chicken** is cooked through.

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



3 Prep

Meanwhile, peel and finely chop the **onion**. Peel and mince the **garlic**. Trim and discard the **spinach** stalks and finely chop the **leaves**.



4 Cook spinach

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and fry for 5 min until softened. Add the **garlic** and fry for 1 min further. Add the **spinach** and fry for 3 min further or until wilted.



5 Simmer

Add the **cream** and the {0.5/.05/1} **chicken stock cube** and simmer for 10-12 min or until the **spinach** is softened and thickened. Season with **pepper** to taste.

Tip! Add a splash of water if the spinach thickens too much.



6 Serve

Divide the **creamy spinach** and **baked tomatoes** among plates. Slice and serve the **lemon and thyme chicken** alongside. Drizzle with any remaining **lemon thyme** juices from the baking dish.